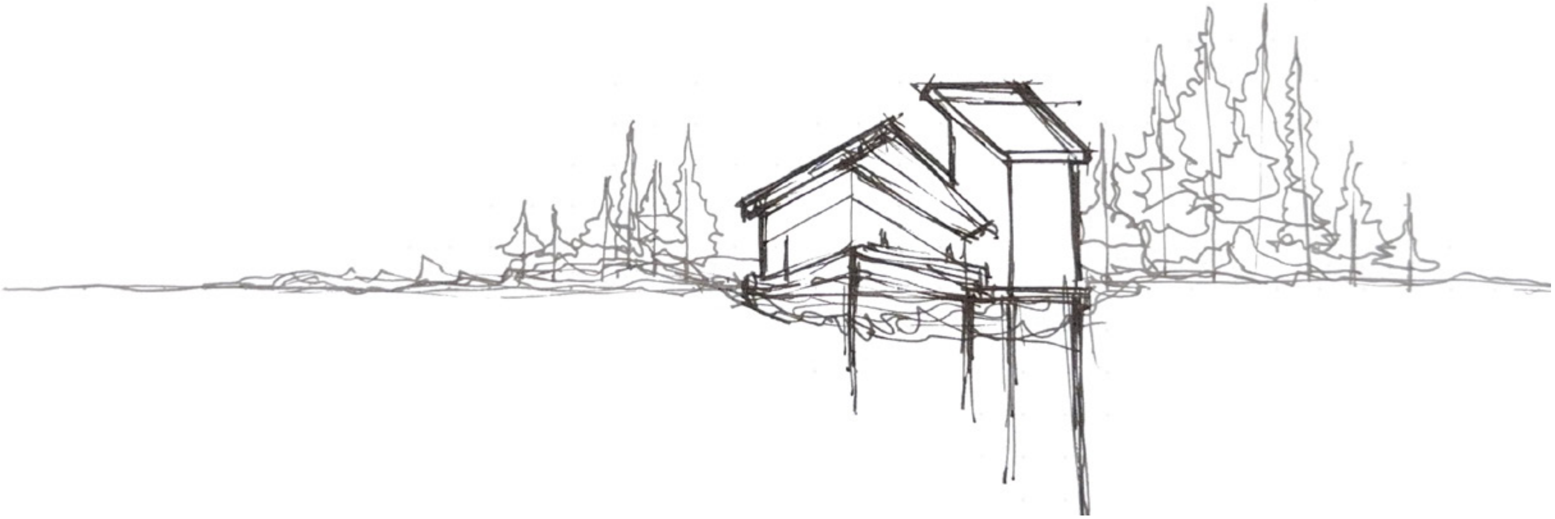

pedro arredondo
2025 fay jones graduate

5 Portfolio Brief

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Stephen D. Luoini | UACDC Staff

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Nathaniel Elberfeld | Andrew Kudless

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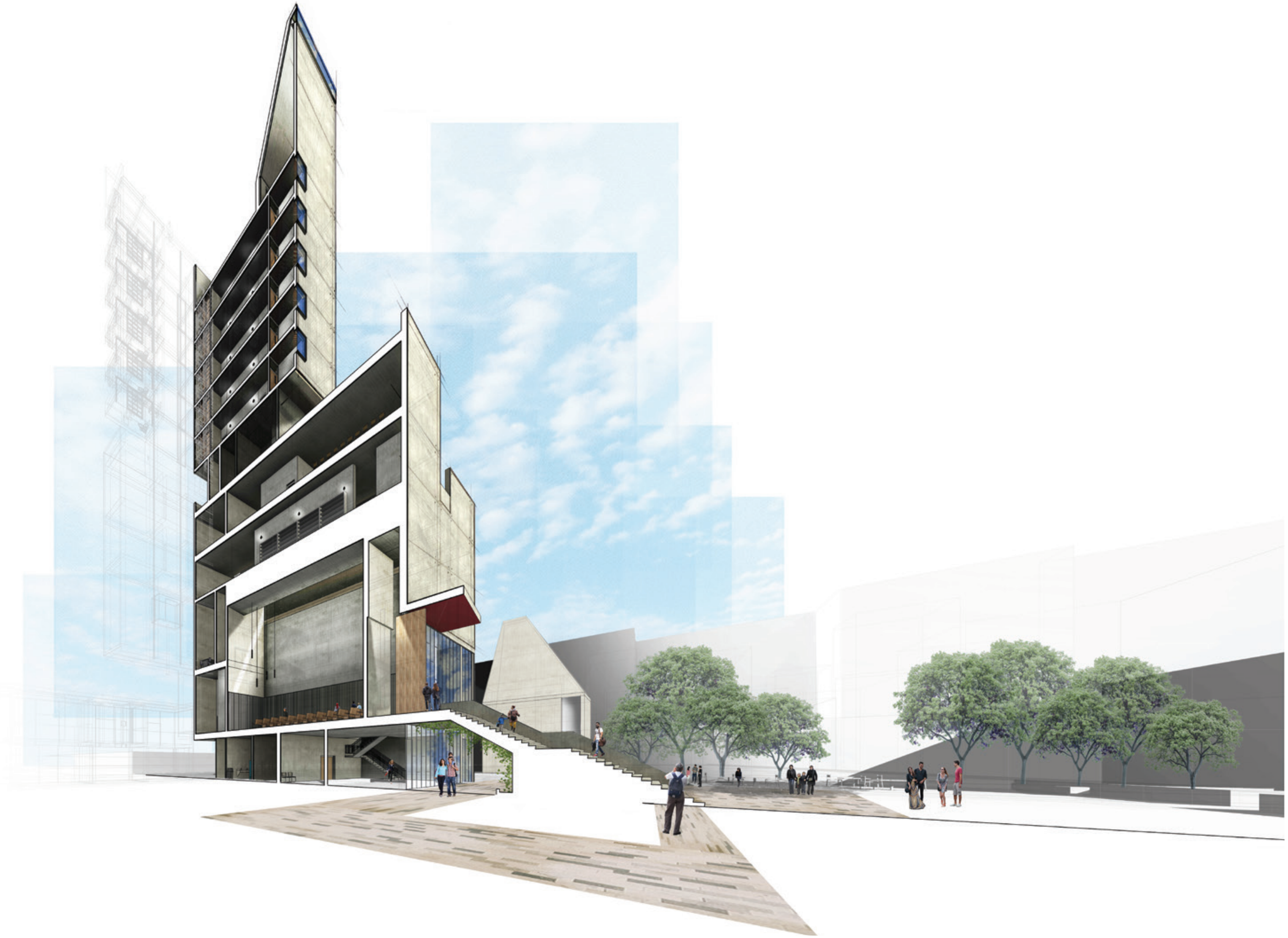
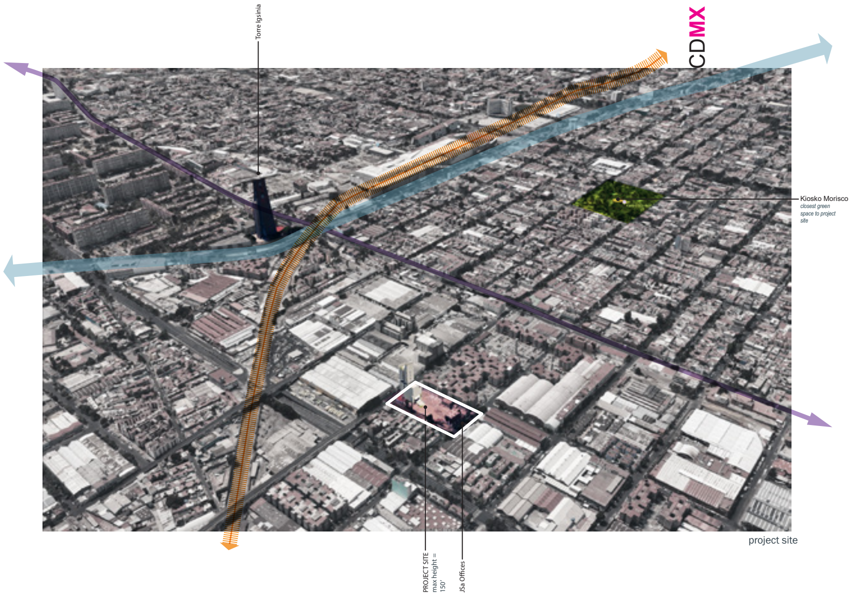
46 Trauma Informed Architecture: Research on Anxiety and Streetscapes
Tara Bray

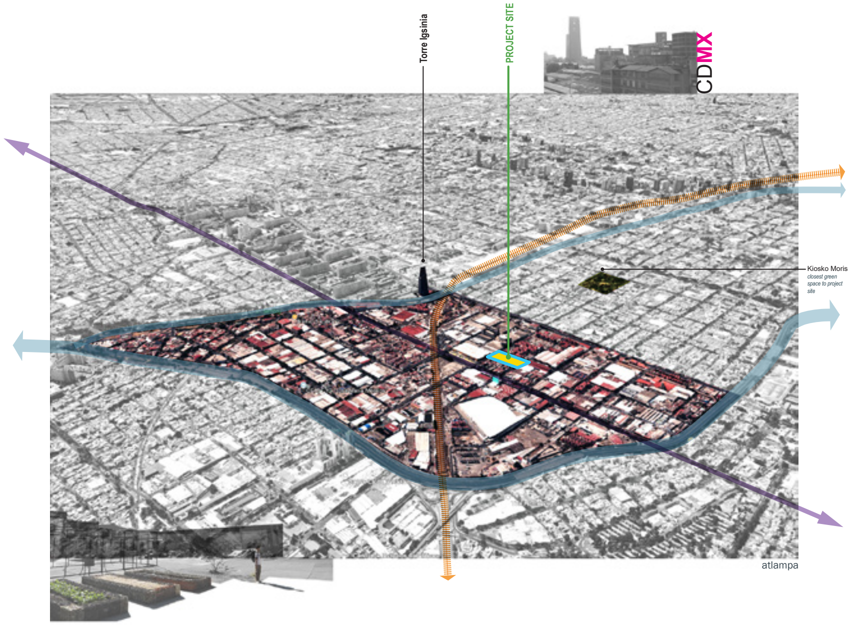
48 Citations and References

This portfolio has a summary of the advanced studios I took during my final three semesters at the Fay Jones School of Architecture and Design. During these studios I took an interest into urban design and being able to use those principles in order to design for the community and engage the local context of the site given. Through these studios I have learned how to design with the principles urban sprawl and community engagement in mind. The projects are arranged in reverse chronological order, with my most recent project being first.

Included are also some briefs that summarize professional elective courses I took while in these last few semesters which have aided my workflow by implementing different tools that are not commonly used in the field currently.




Torre Igsinia
CDMX
Kiosko Morisco
closest green space to project site
PROJECT SITE
max height = 150'
JSa Offices
project site

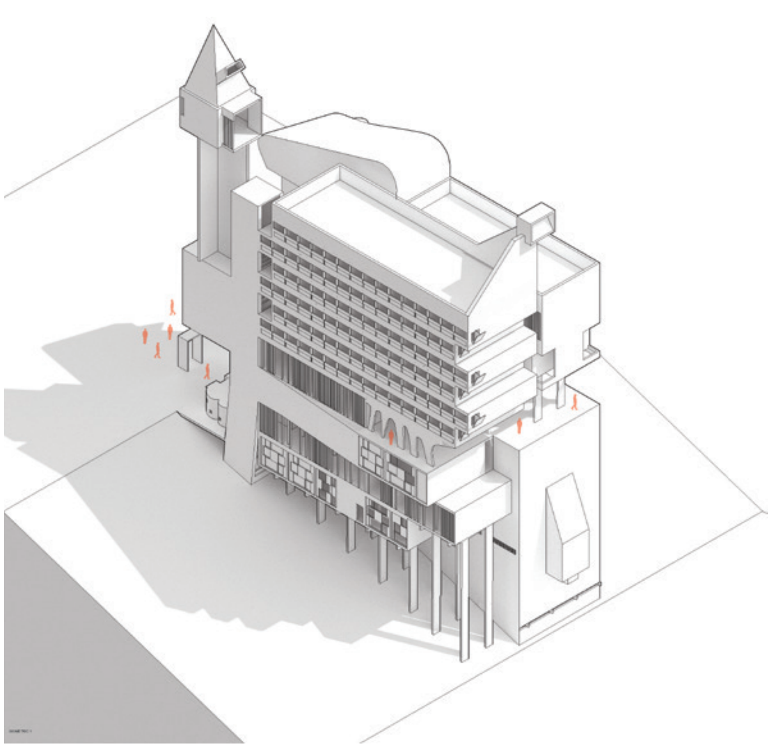
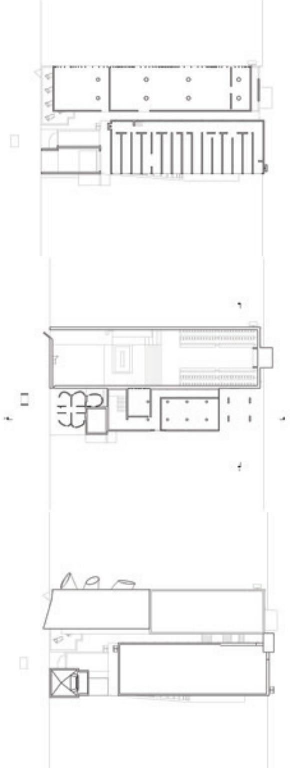
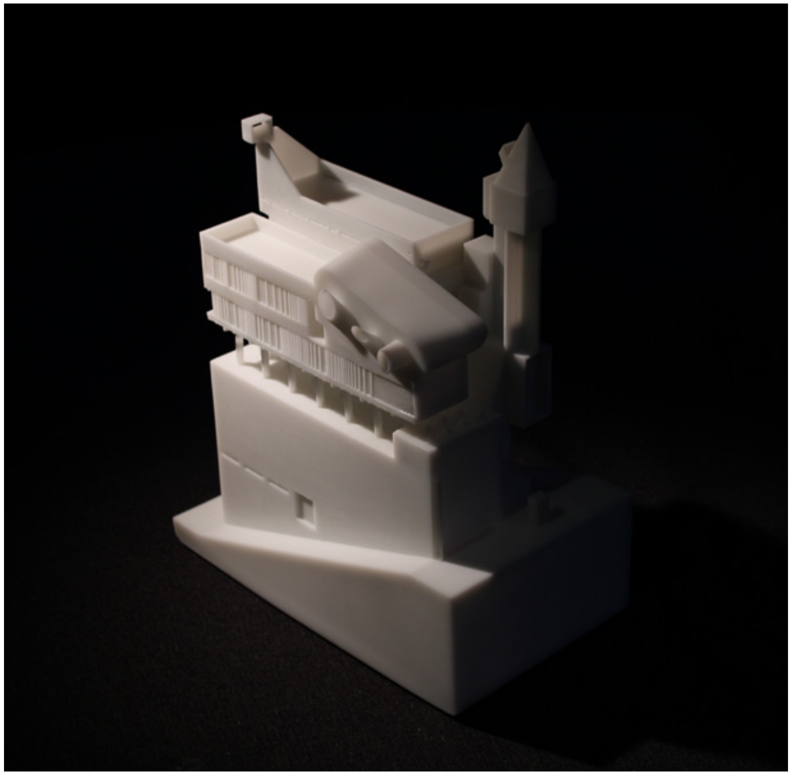
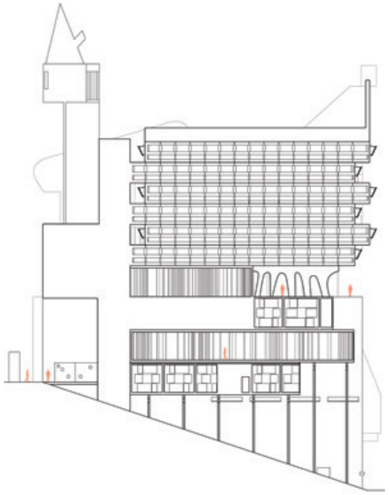
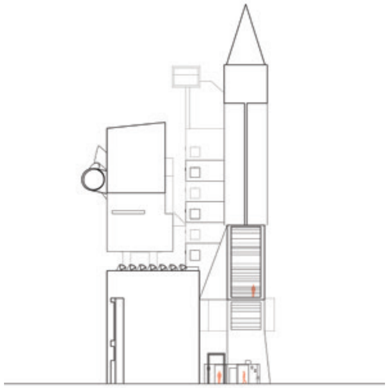
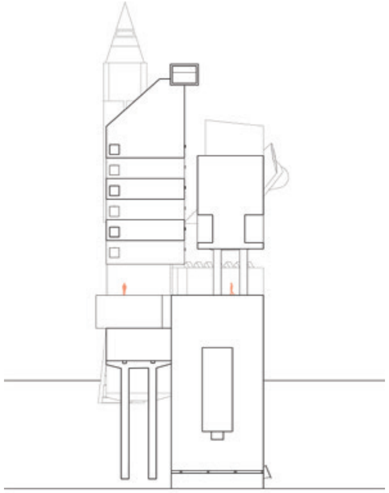
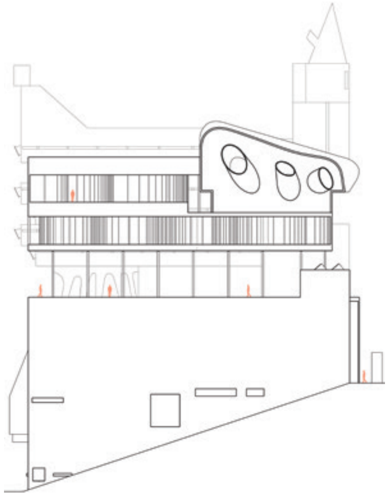

Torre Igsinia
PROJECT SITE
CDMX
Kiosko Morisco
closest green space to project site
atlampa

Transologic Studio: Proto-Urban Monastary

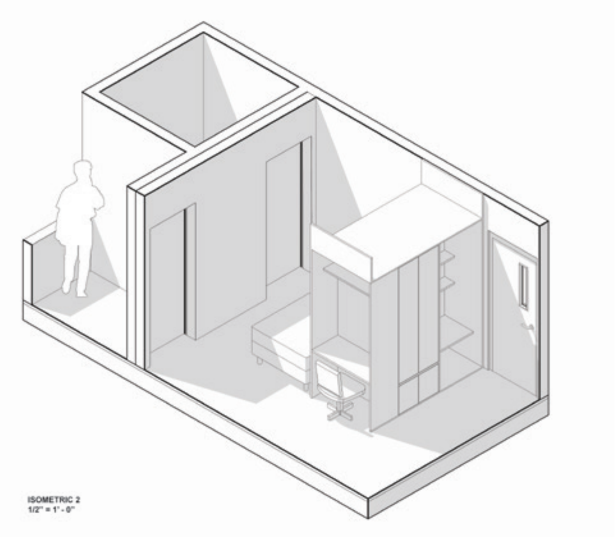
Marlon Blackwell | Bradford Payne

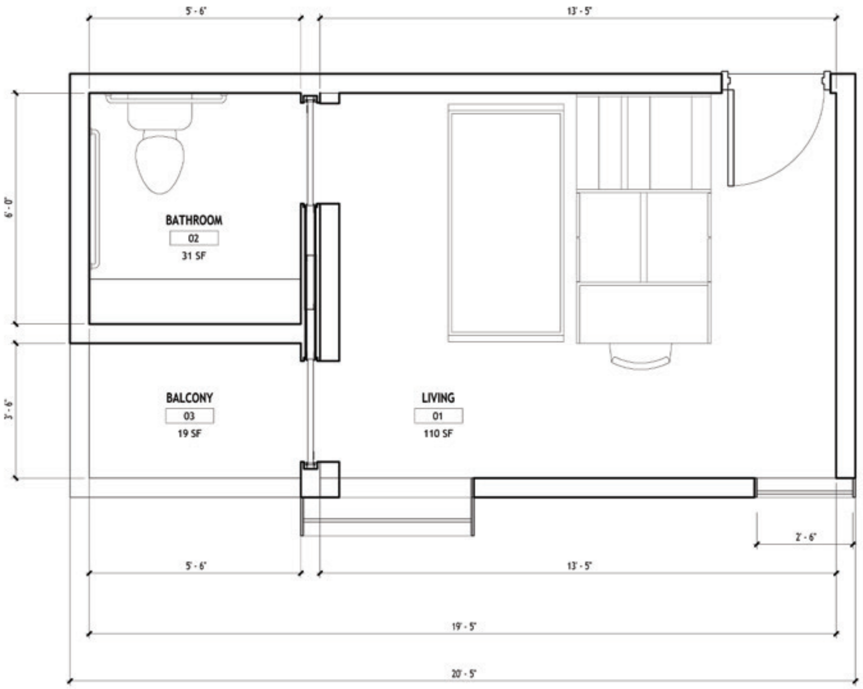
Site: Atlampa, Cuidad de Mexico, Mexico

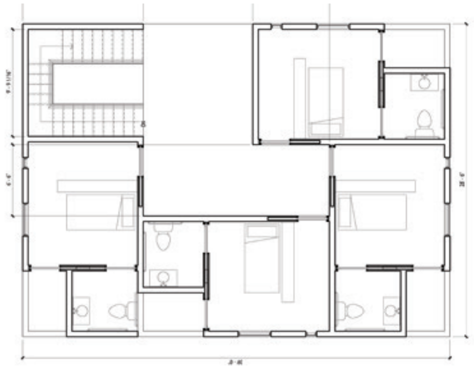
The basis of this studio was to propose an idea of an urban vertical monastary in the colonia de Atlampa in Mexico City. The process of being able to generate that proposal was to deconstruct and analyze Le Corbusier's La Tourette monastary in France. Combined with a week long travel to Mexico City, where we visited our site, and various landmarks and architectural works. Learning the context of the city we were going to be working within and the nature of the materials that are seen in use in the city. The idea for this monastary proposal emerged by taking the lessons learned from studying La Tourette and seeing the need for a public gathering space in Atlampa. This proposal envisions the monks who inhabit the monastary providing community outreach through a medical clinic which would serve as a way to allow people to engage with the site and the project. The seeking of light was also something that was especially important when designing the spaces inside of the monastary. Overall the proposal seeks to invite and create a sense of wonder when entering the monastary.

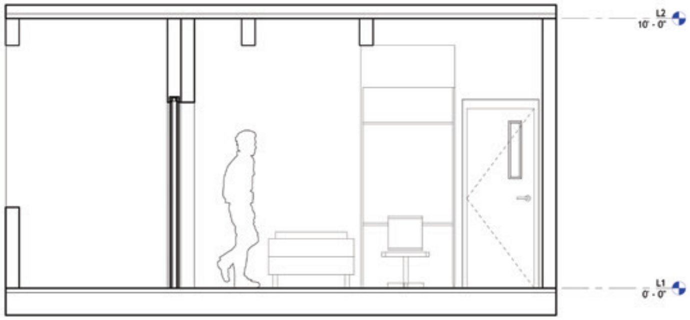








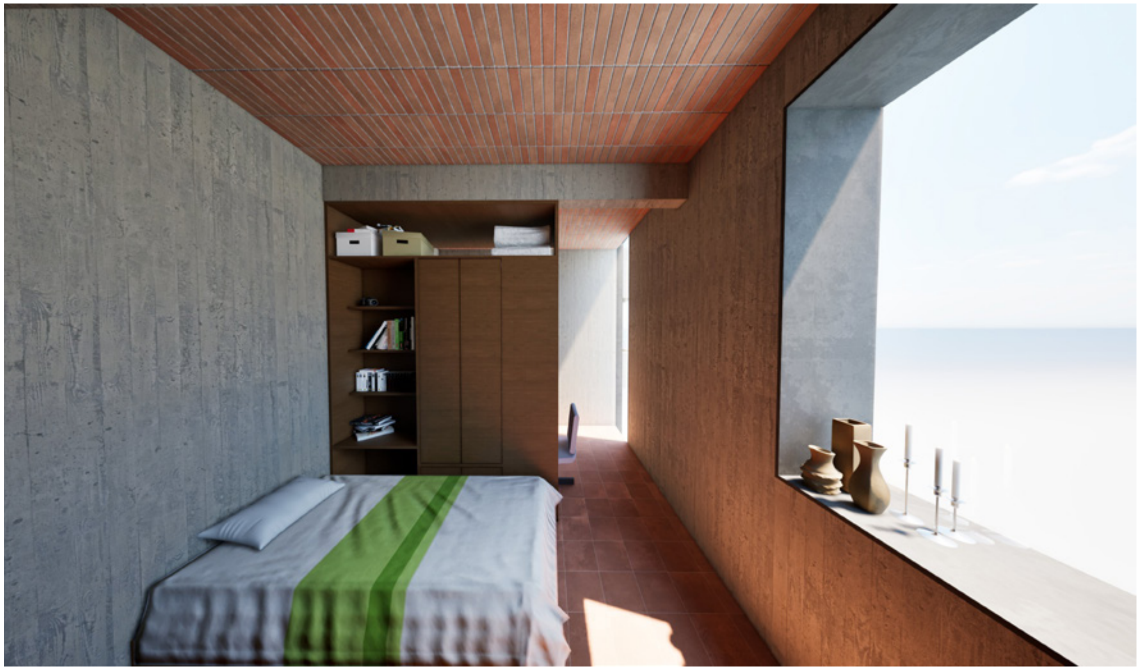
LeCoDeCoReCo - La Tourette Deconstruction and Reconfiguration Study


ISOMETRIC 2
1/2" = 1' - 0"

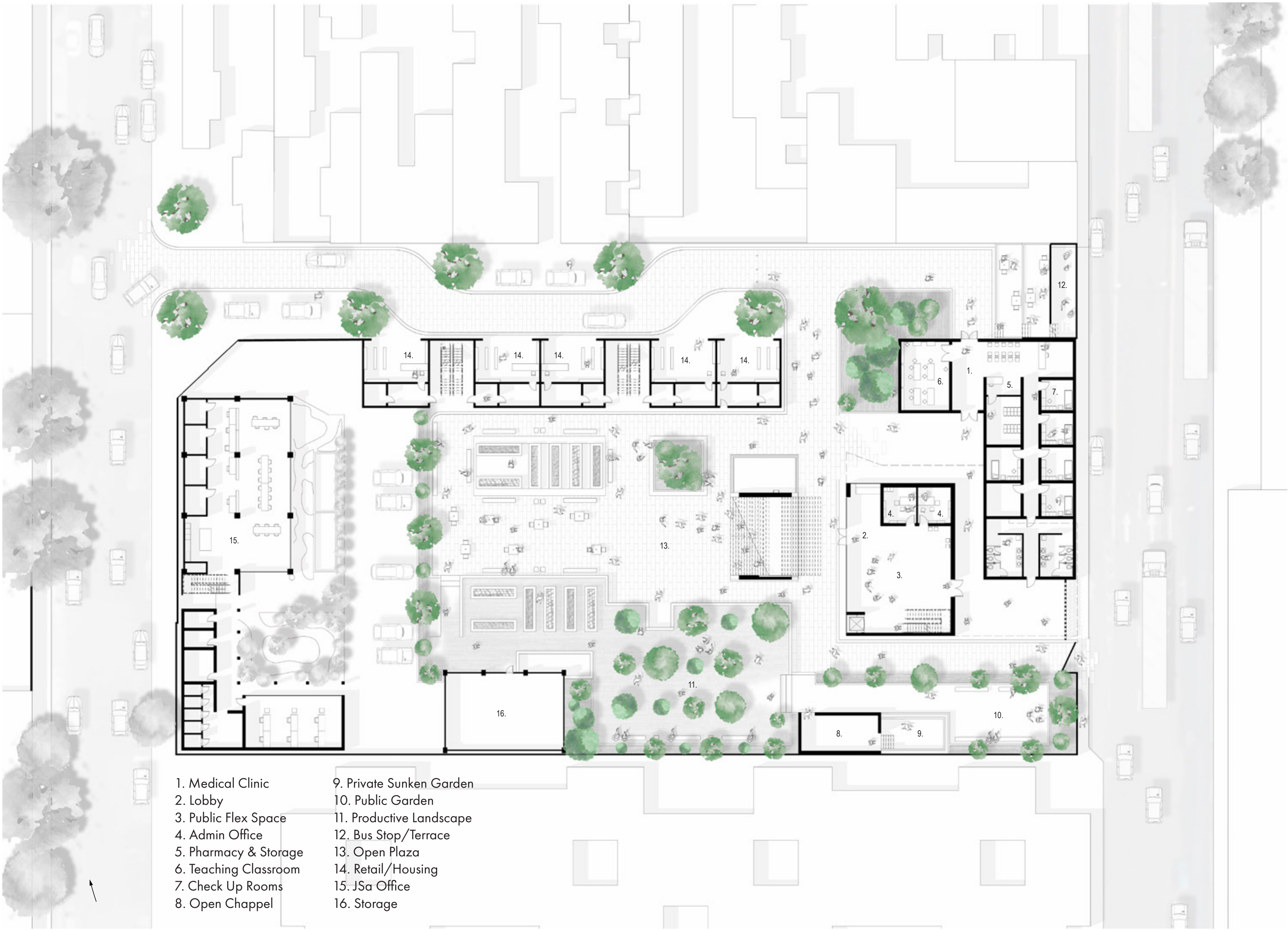

5' - 6"
13' - 5"
6' - 0"
3' - 6"
BATHROOM
02
31 SF
BALCONY
03
19 SF
LIVING
01
110 SF
2' - 6"
5' - 6"
13' - 5"
19' - 5"
20' - 5"







Monk Cell Development - Layout proposed by studying La Tourette's Monk Cells and optimizing for space and spatial adjancency


14.
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11.
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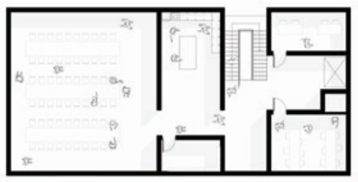
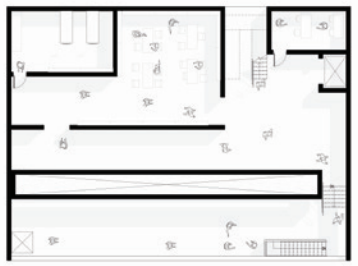
8.
9.

1. Medical Clinic
2. Lobby
3. Public Flex Space
4. Admin Office
5. Pharmacy & Storage
6. Teaching Classroom
7. Check Up Rooms
8. Open Chappel
9. Private Sunken Garden
10. Public Garden
11. Productive Landscape
12. Bus Stop/Terrace
13. Open Plaza
14. Retail/Housing
15. JSa Office
16. Storage

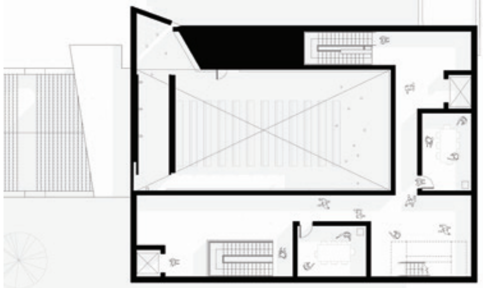
Site Plan



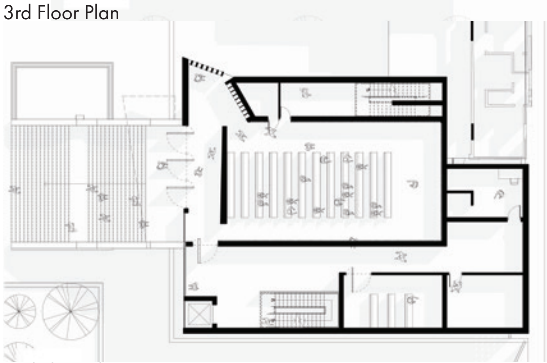
5th Floor Plan



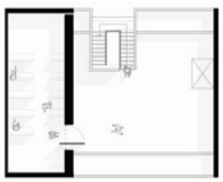
4th Floor Plan



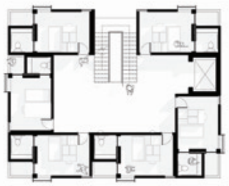
3rd Floor Plan



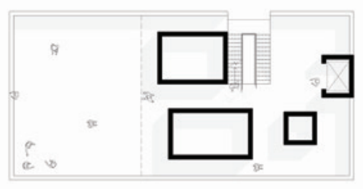
2nd Floor Plan



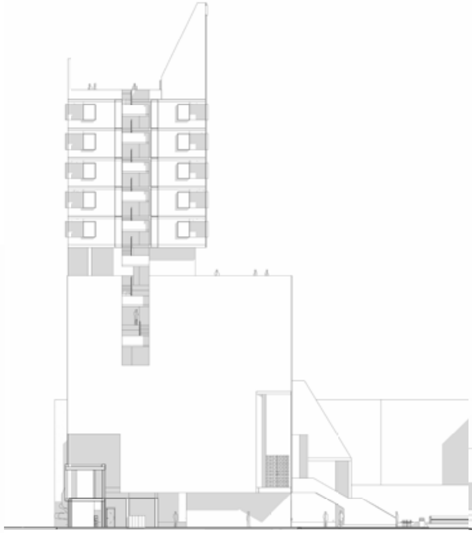
12th Floor Plan



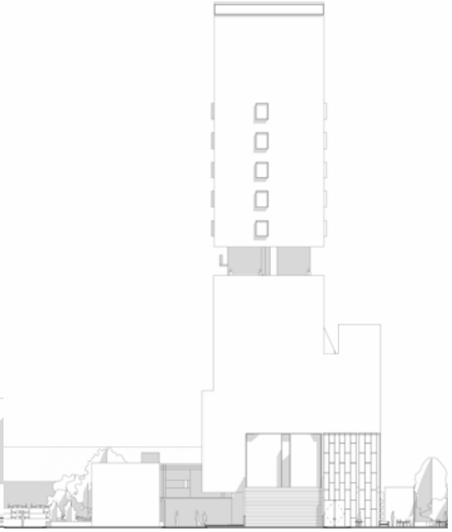
7th - 11th Floor Plan



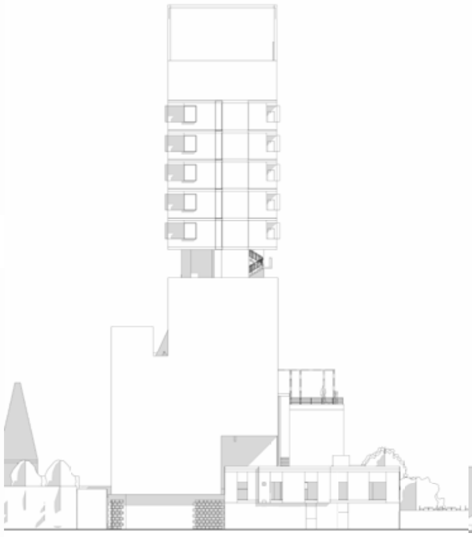
6th Floor Plan



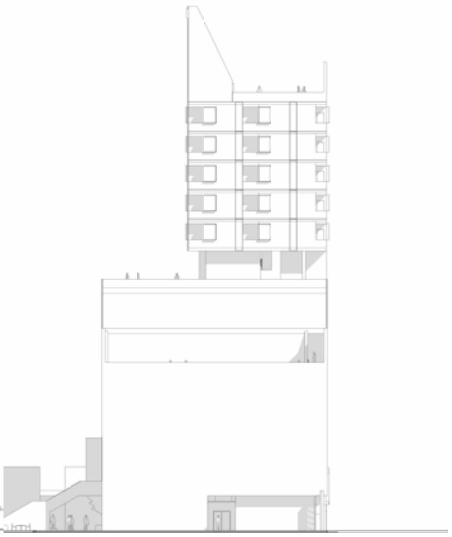
Elevation I



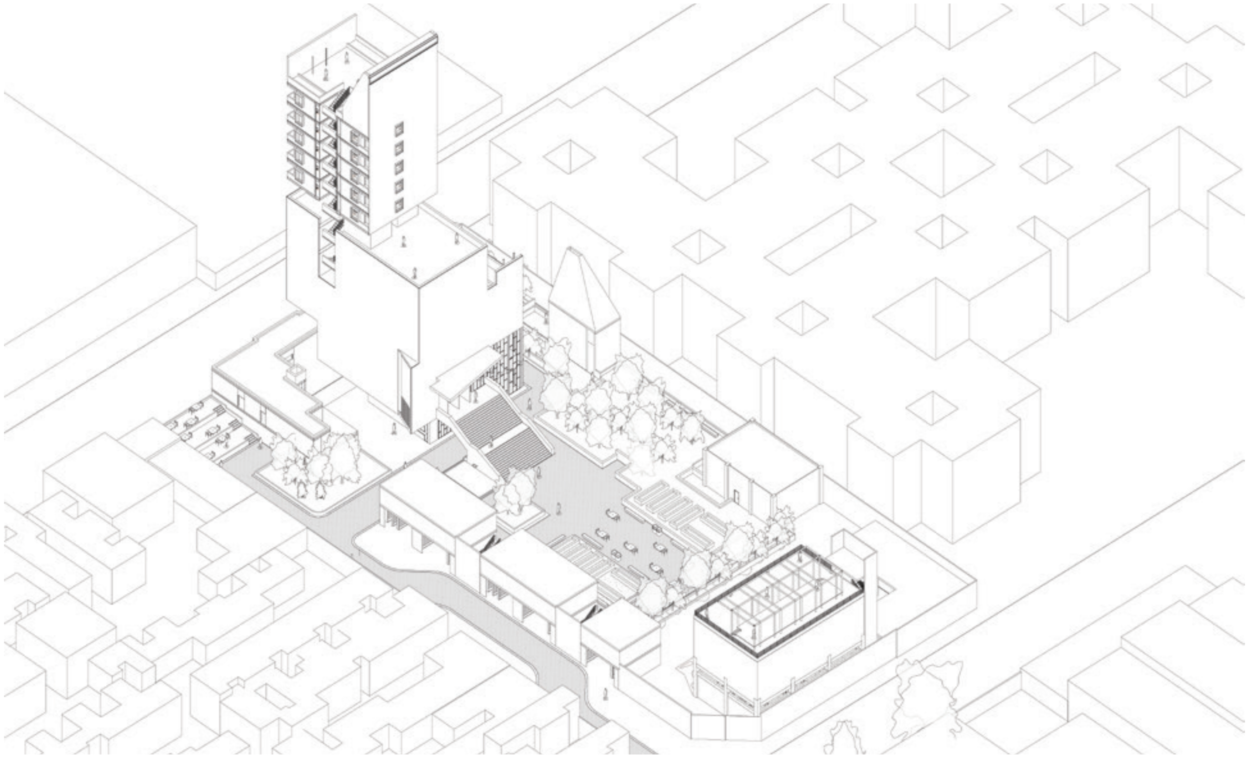
Elevation II



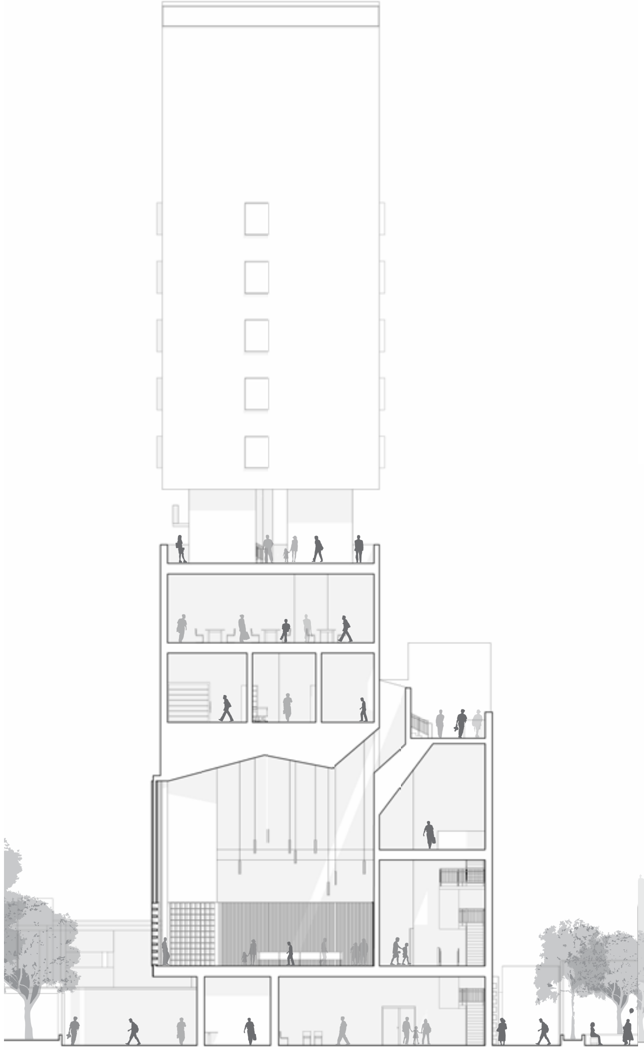
Elevation III



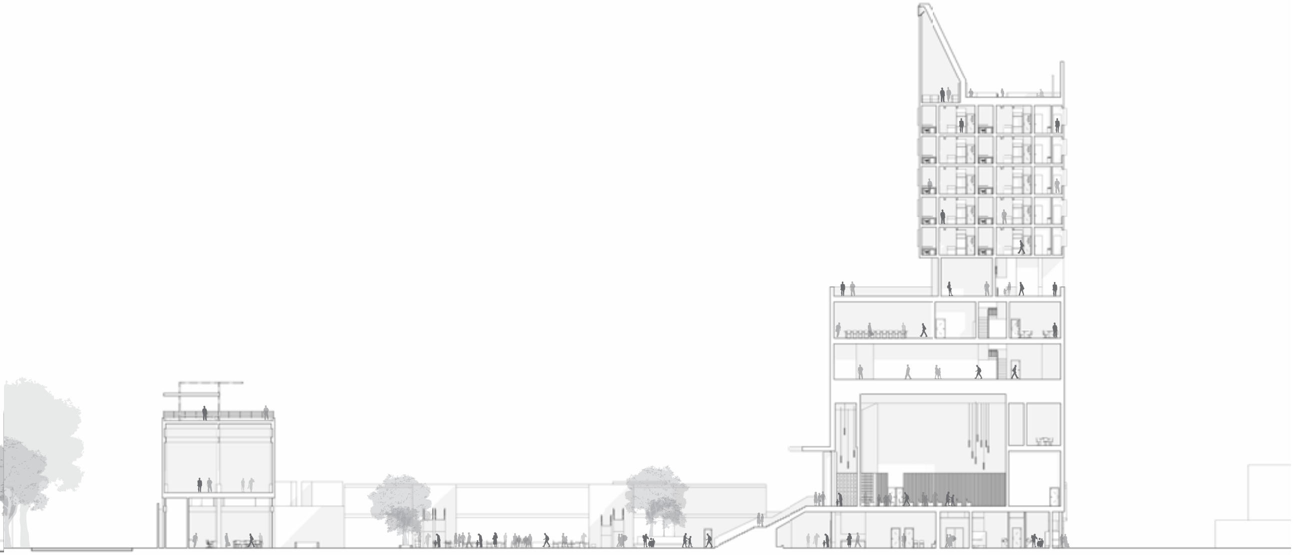
Elevation IV



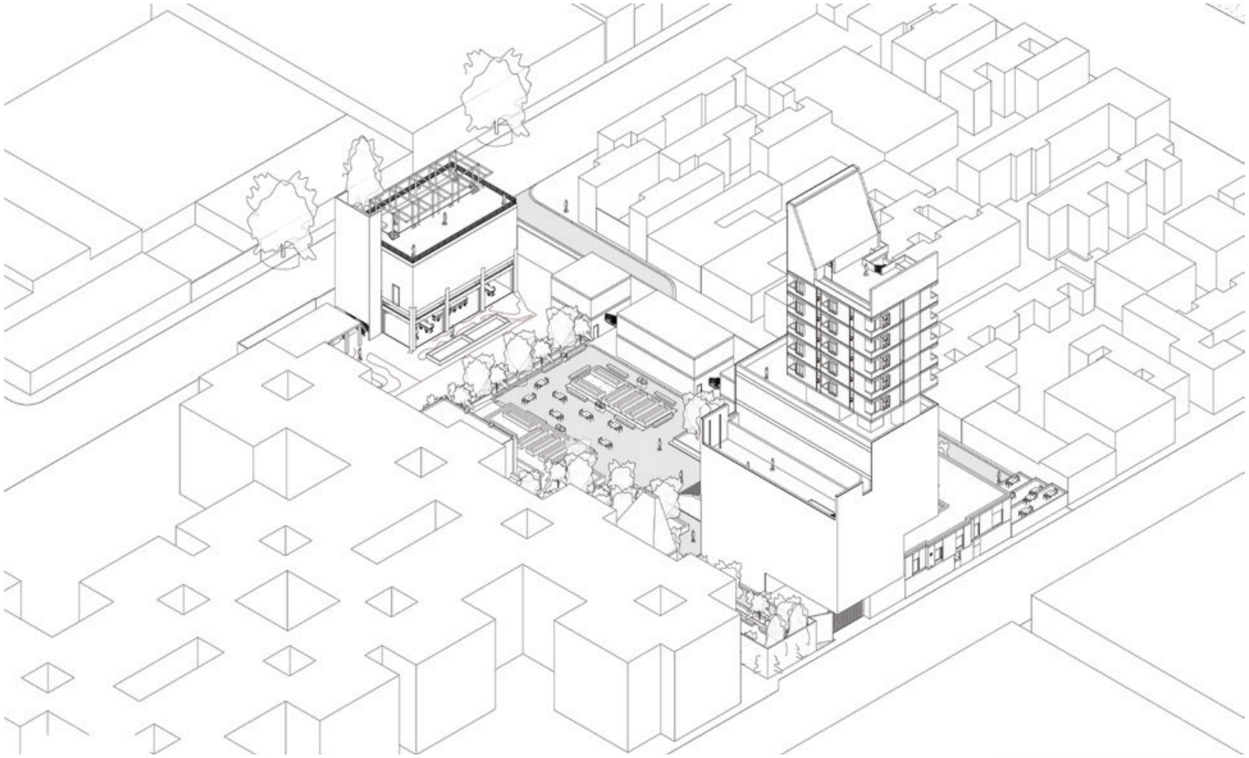
Isometric I



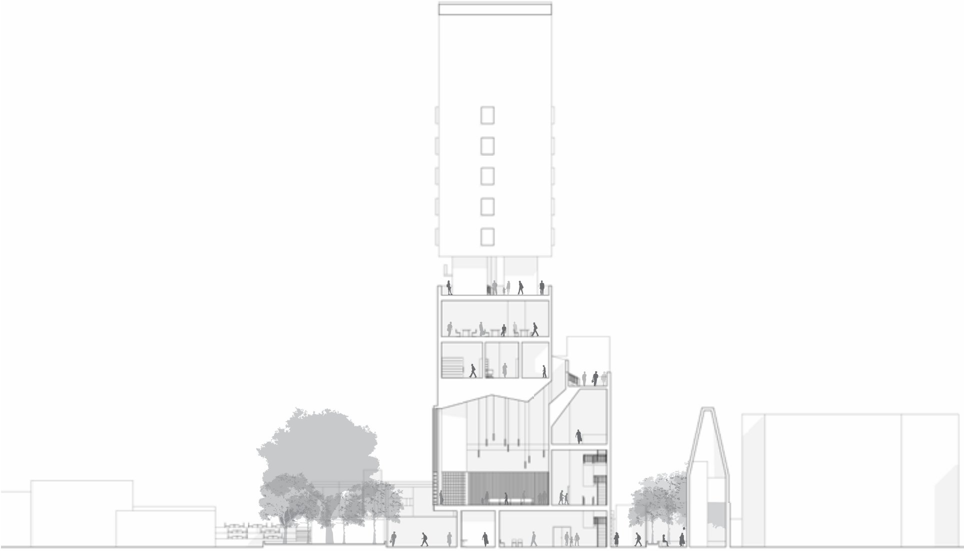
Section I



Site Section I



Isometric II



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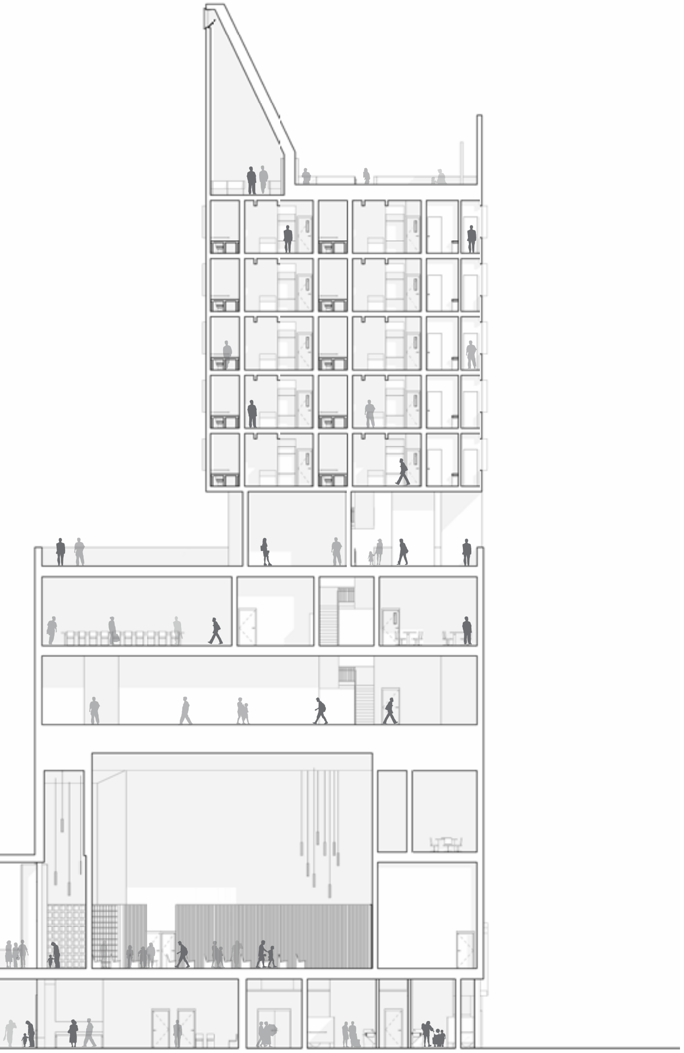
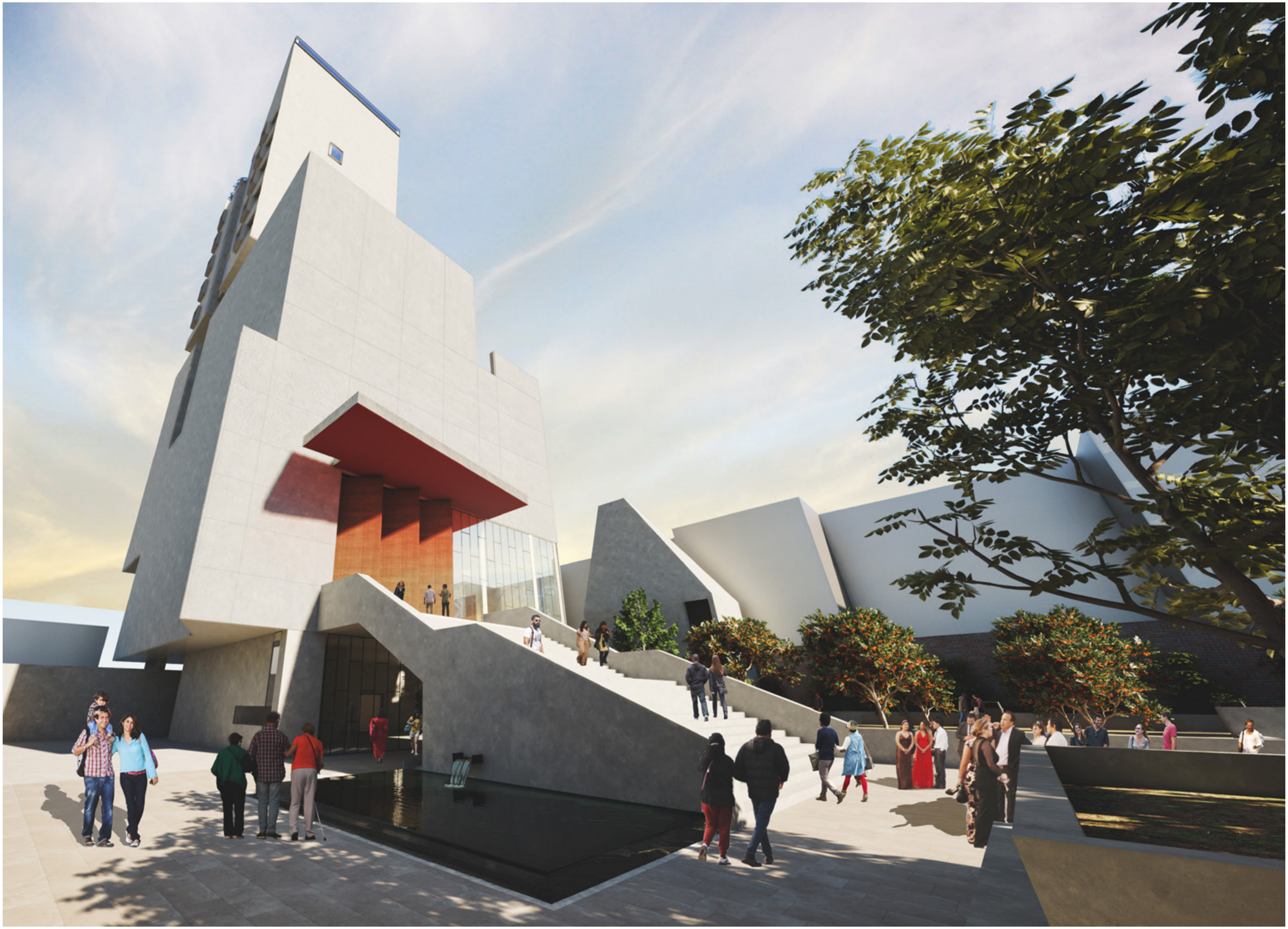
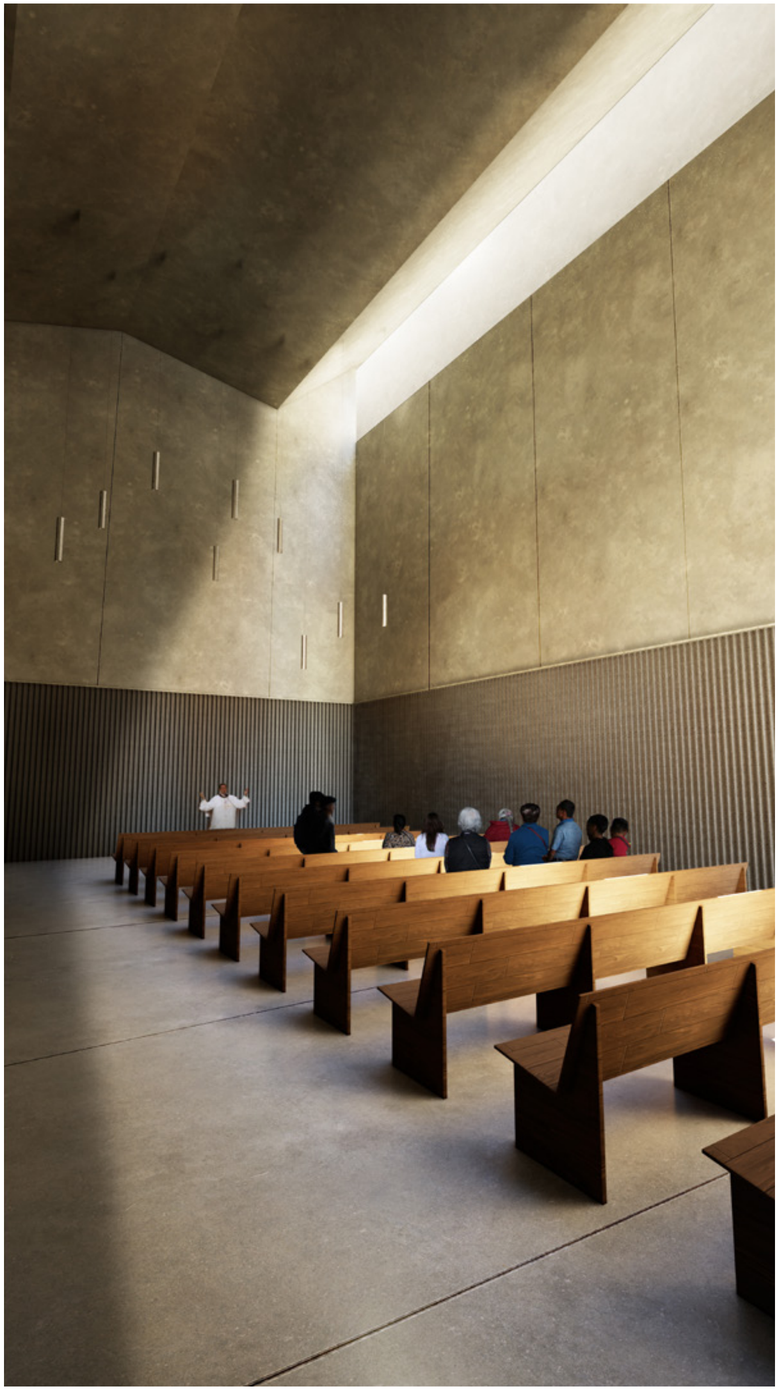
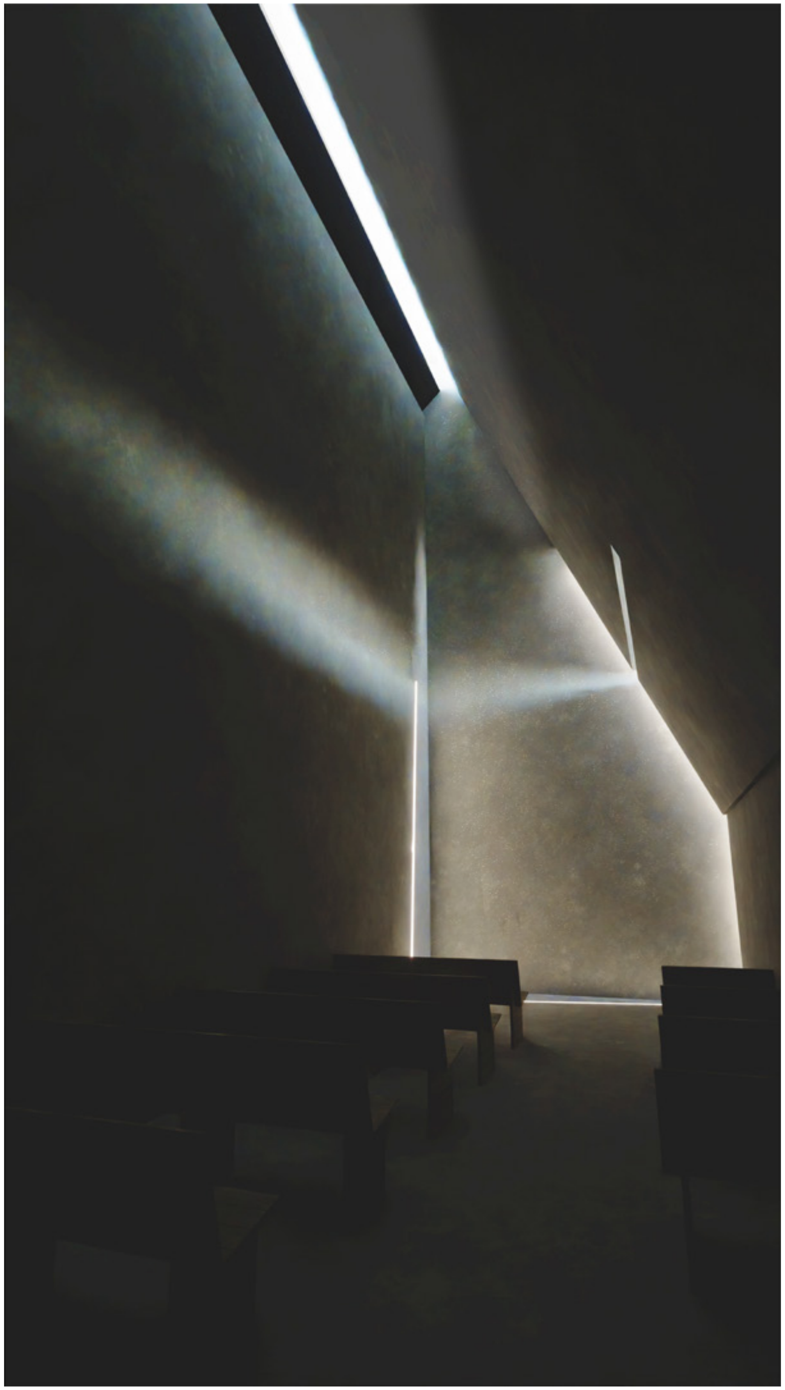


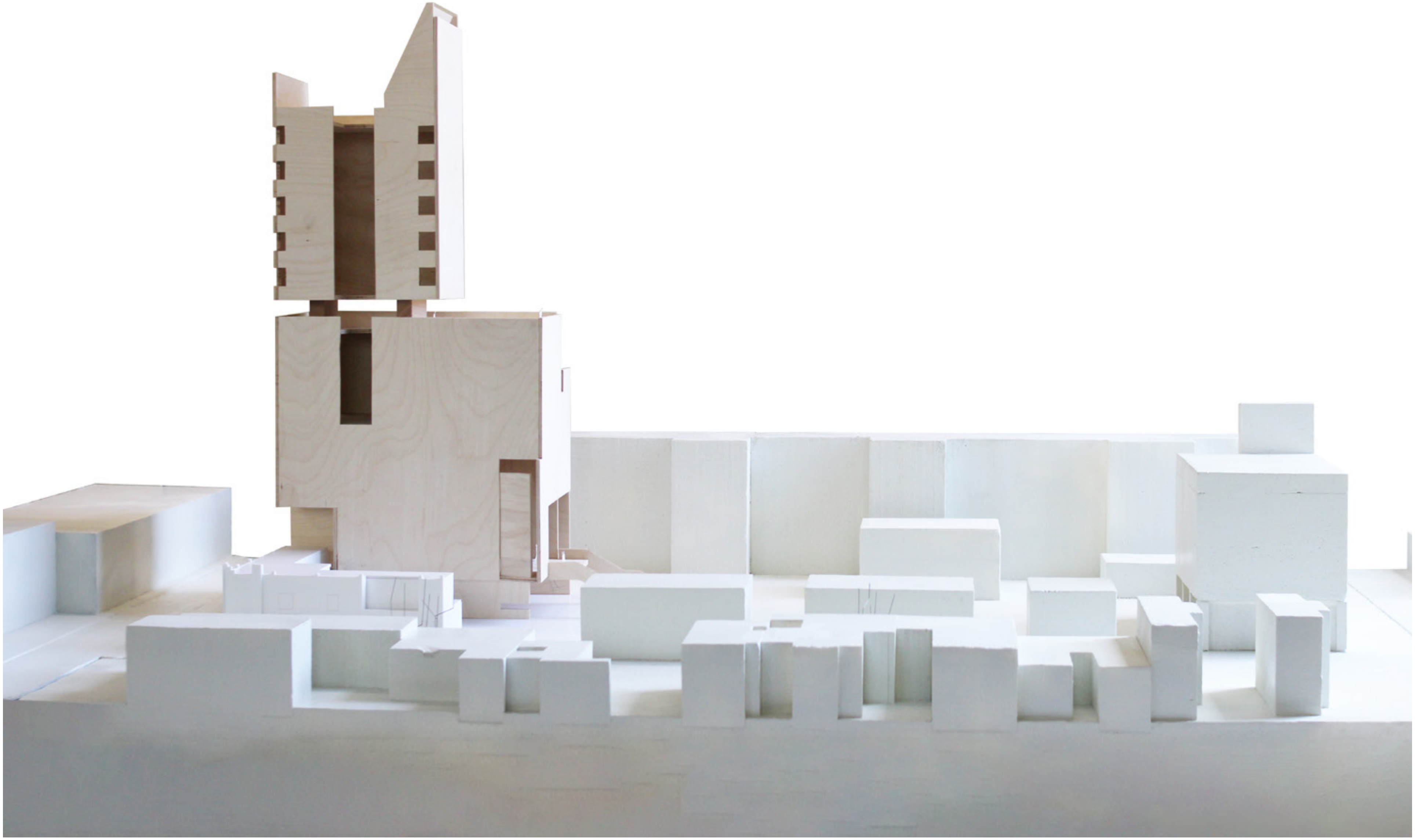
Section II



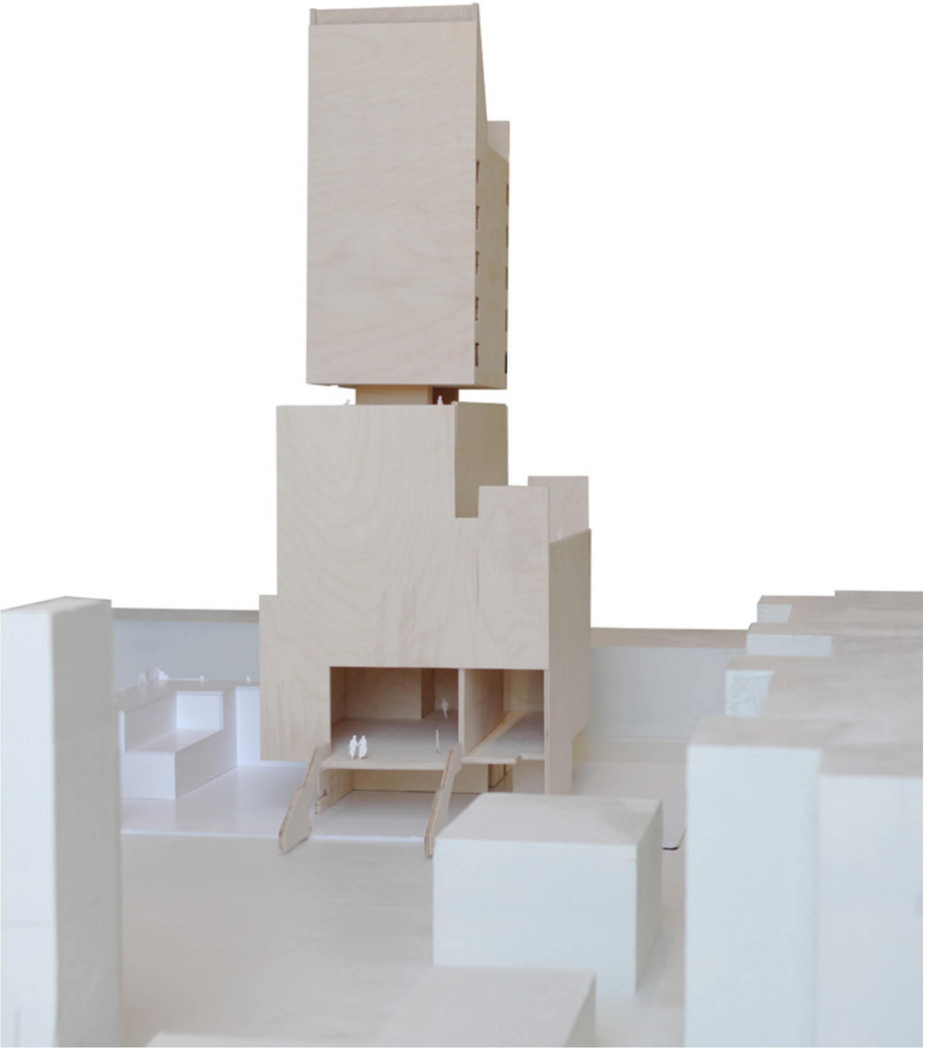
Exterior Perspective - Walkway towards the main entry of church

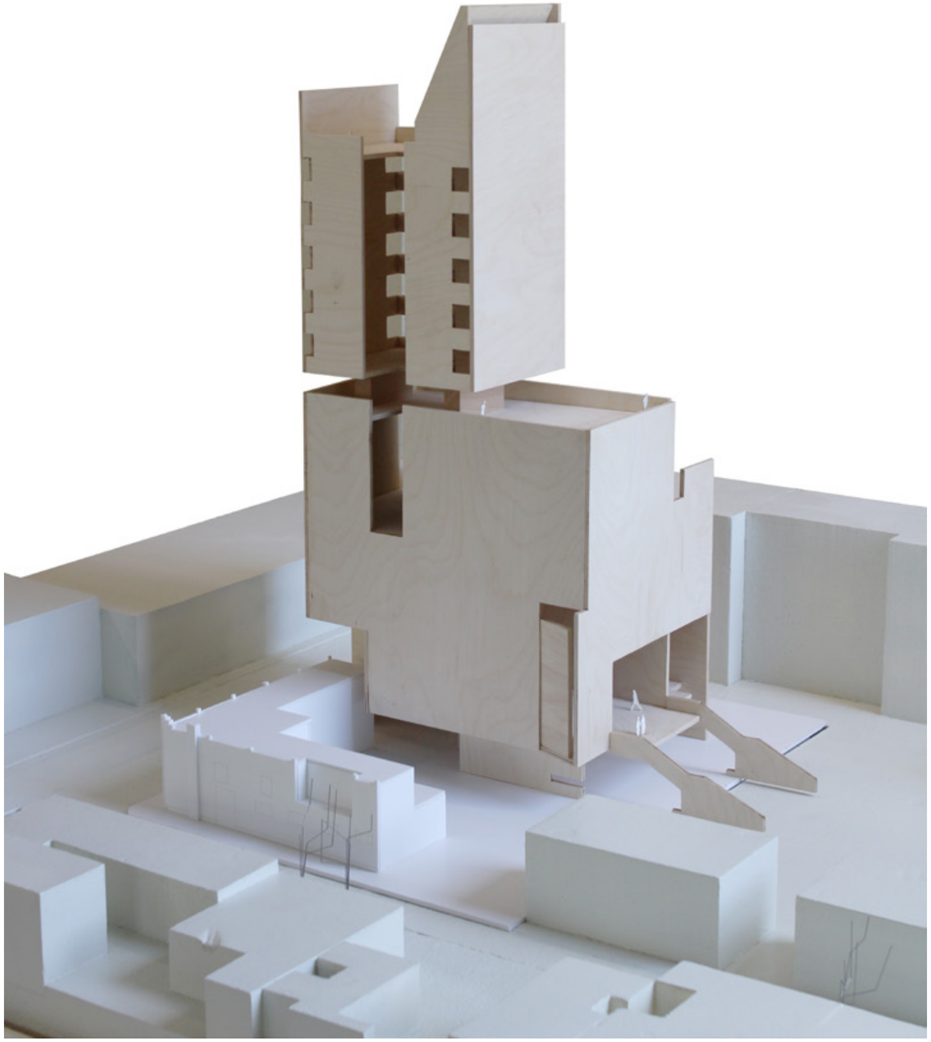

Interior Perspective 1 - looking towards the altar

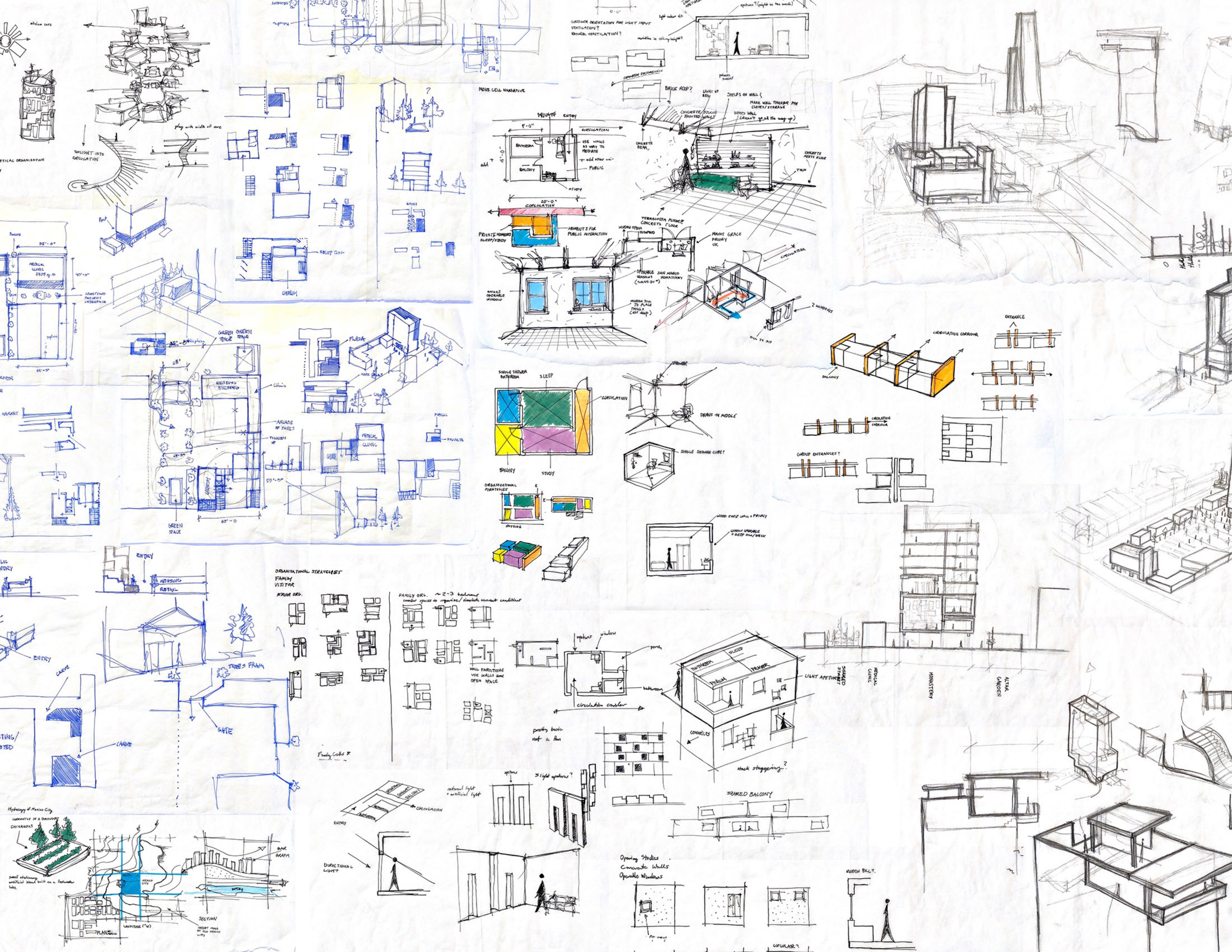

Interior Perspective 2 - private chapel on 12th floor for monks

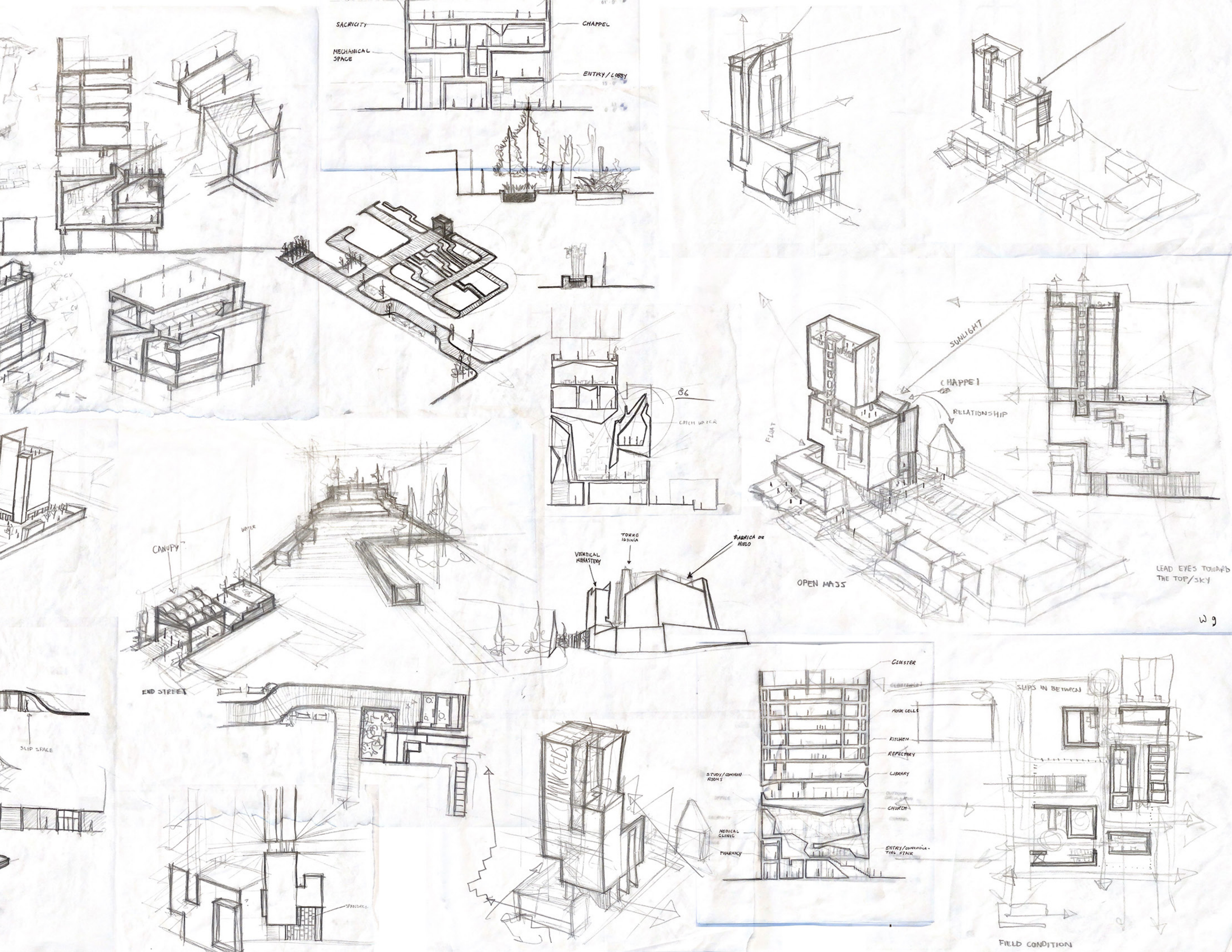


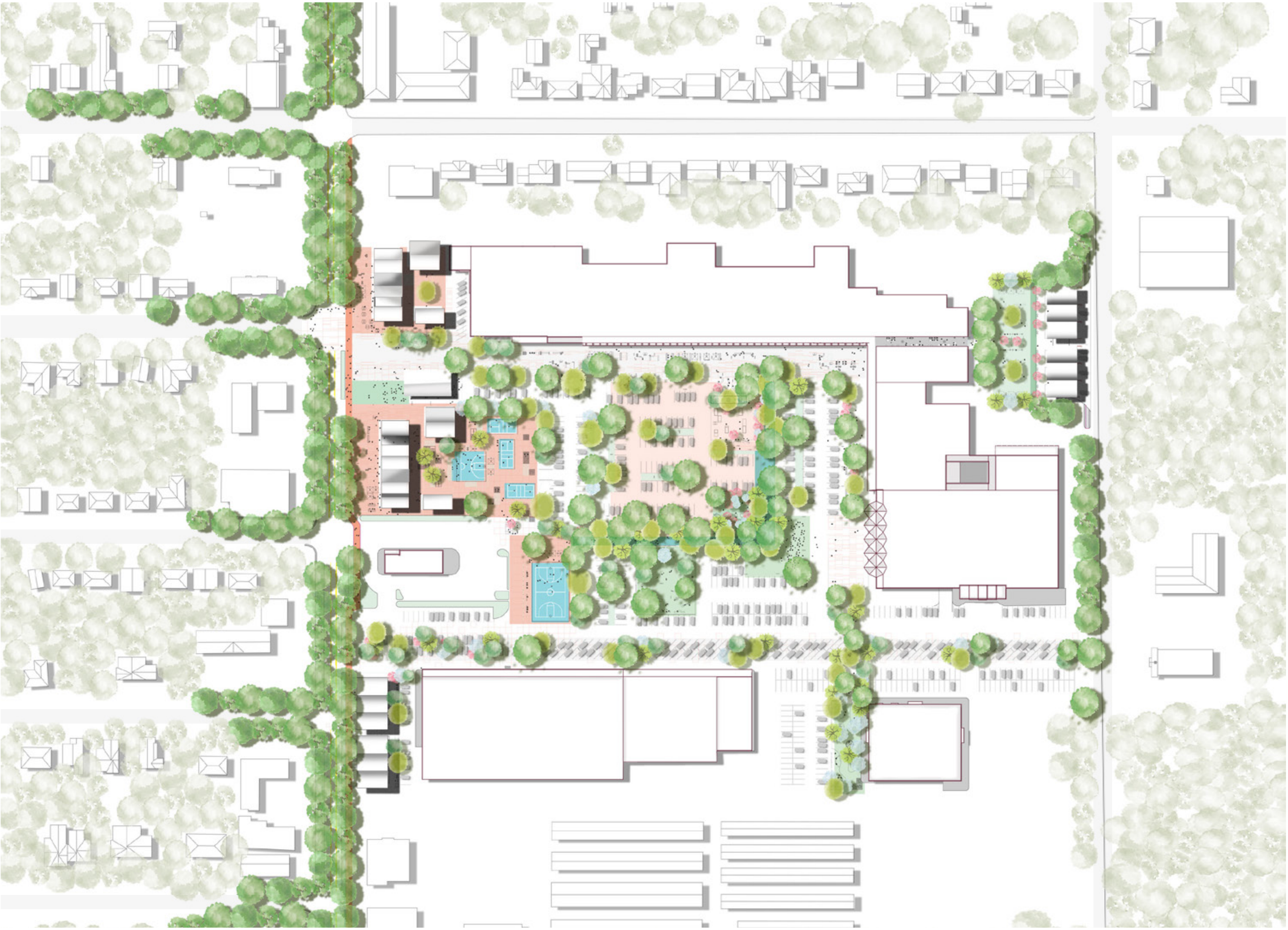
Physical Model



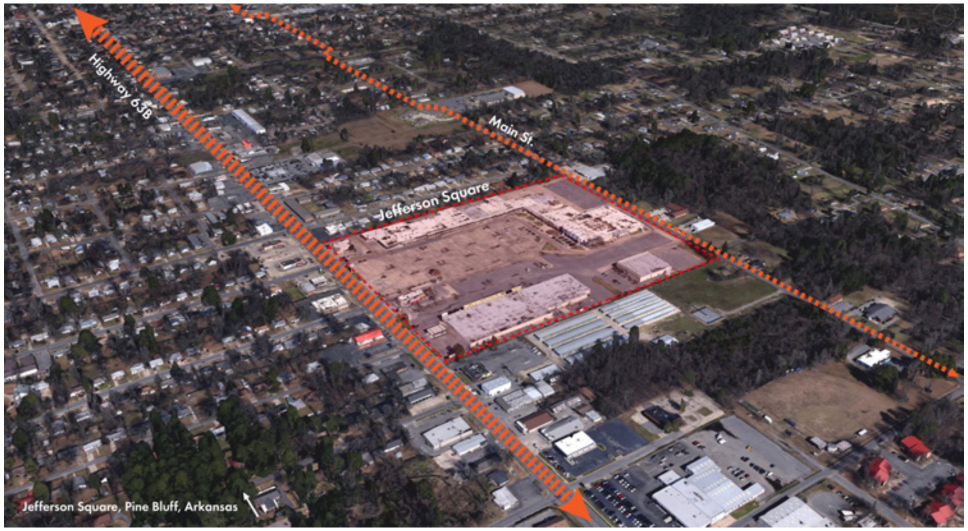



atrium core
RTICAL ORGANIZATION
SUNLIGHT INTO CIRCULATION
play with width of core
Roof
MEDICAL CLINIC 2400 sq ft
35'-0"
40'-0"
70'-0"
64'-0"
COURTYARD PATIENT INTERFACE
RECEPTION
CHURCH
ENTRY
GREEN SPACE
GREEN SPACE
EXISTING BUILDING
Clinic
ARCADE OF TREES
TIGHTEN UP
28'
55'-0"
60'-0
PLAZA
MONK CELLS
MEDICAL CLINIC
PUBLIC
PRIVATE
MARKET
ENTRY
HOUSING
RETAIL
ENTRY
CARVE
CARVE
TREES FRAM
GATE
Hydrology of Mexico City
CURRENTLY IN A DROUGHT
CHINAMPAS
small stationary artificial island built on a freshwater lake
MEXICO CITY
LONGITUDE (°W)
PLAN
BAR GRAPH
SECTION
INSERT IMAGE OF OLD MEXICO CITY
CONSIDER ORIENTATION FOR LIGHT INPUT
VENTILATION?
NATURAL VENTILATION?
light entry slit
variation in ceiling height?
apertures? (might be too much)
CORRIDOR PROGRESSION
BRICK ROOF?
MONK CELL NARRATIVE
PRIVATE
ENTRY
9'-0"
15'-0"
CIRCULATION
BATHROOM
BALCONY
USE WALLS AS WAY TO MEDIATE
add other uni-
PUBLIC
STUDY
add
LIGHT BY BED
CONCRETE/STUCCO PAINTED WALLS
SHELFS ON WALL
MAKE WALL THICKER FOR CLOTES/STORAGE
WOOD WALL (doesn't go all the way up)
CONCRETE BEAM
CONCRETE MEETS FLOOR
TRIM
TERRACOTTA FLOOR CONCRETE FLOOR
20'-0"
CIRCULATION
PRIVATE MOMENTS SLEEP/STUDY
MOMENTS FOR PUBLIC INTERACTION
WINDOW OPENS OUTWARD
MOUNT GRACE PRIORY UK
CIRCULATION
OPERABLE WINDOWS (swing out)
SAN MARCO MONASTARY
SINGLE OPERABLE WINDOW
WINDOW SILL TO PLACE THINGS (2ft deep)
2 WINDOWS
SILL TO SIT
SINGLE SHOWER BATHROOM
SLEEP
CIRCULATION
BALCONY
STUDY
SHOWER
DRAINS IN MIDDLE
SINGLE SHOWER CUBE?
ORGANIZATIONAL STRATEGIES
E
E
OUTSIDE
WOOD SHELF WALL + PRIVACY
WINDOW OPERABLE + DEEP SILL/DESK
CIRCULATION CORRIDOR
BALCONY
ENTRANCE
CIRCULATION CORRIDOR
GROUP ENTRANCES?
ORGANIZATIONAL STRATEGIES
FAMILY
VISITOR
FRIAR ORG.
FAMILY ORG. ~2-3 bedrooms
smaller spaces to organize/simulate convent conditions
WALL PARTITIONS USE WALLS and OPEN SPACE
Family Cells
aperture
window
porch
bathroom
circulation corridor
pretty basic not a fan
BATHROOM
SLEEP
PRAYER
PORCH
LIGHT APETURE
CONNECTS
stack staggering?
SHARED STREET
MEDICAL CLINIC
MONASTERY
ALTAR GARDEN
ENTRY
CIRCULATION
natural light + artificial light
apertures
3 light apertures?
SHARED BALCONY
DIRECTIONAL LIGHT
Opening Studies
Concrete Walls
Operable Windows
WINDOW SILL?
CIRCULAR?


SACRICITY
MECHANICAL SPACE
CHAPPEL
ENTRY / LOBBY
CV
CV
CV
CV
86
CATCH WATER
SUNLIGHT
CHAPPEL
RELATIONSHIP
FLOAT
OPEN MASS
LEAD EYES TOWARD THE TOP/SKY
W g
CANOPY
WATER
END STREET
VERTICAL MONASTERY
TORRE IGSINIA
FABRICA DE HIELO
SLIP SPACE
MONK CELLS
SPANDREL
CLOISTER
MONK CELLS
KITCHEN
REFECTORY
STUDY/COMMON ROOMS
LIBRARY
CHURCH
MEDICAL CLINIC
PHARMACY
ENTRY/COMMUNICATING STAIR
SLIPS IN BETWEEN
FIELD CONDITION



Site Plan

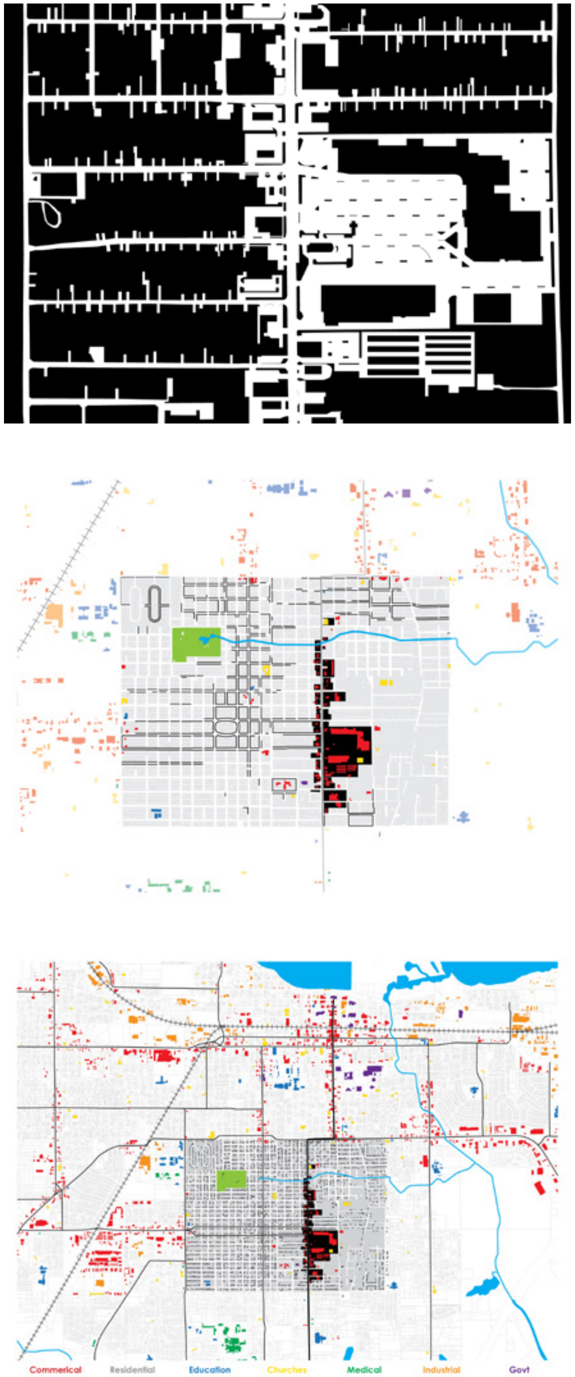

Highway 63B
Main St.
Jefferson Square
Jefferson Square, Pine Bluff, Arkansas

Sprawl Repair - Scenario Planning

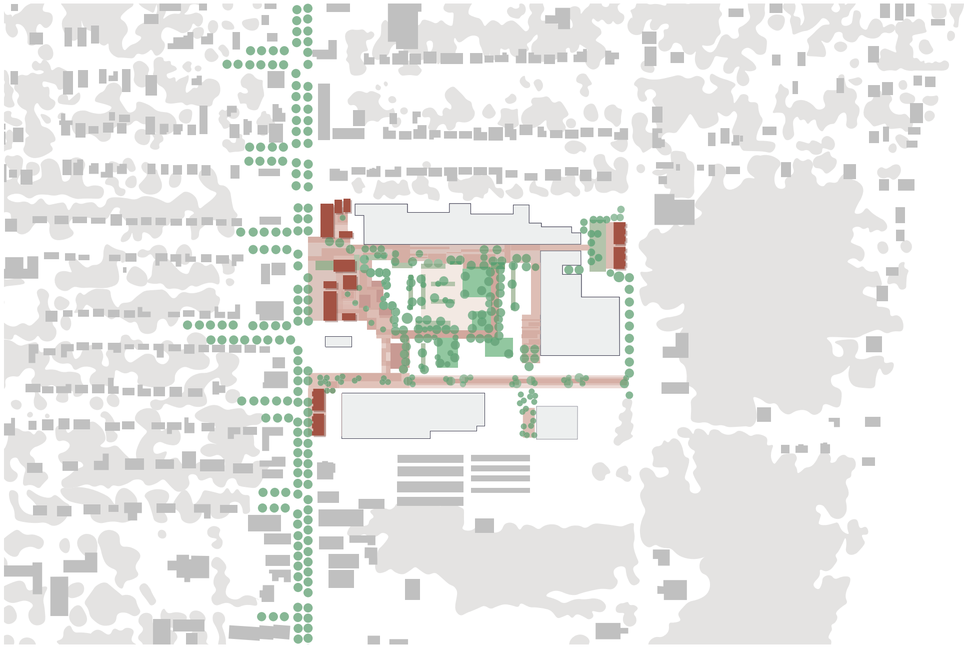
Stephen D. Luoni | UACDC Staff
Madison Smith, Esta Hasta, Kennedy Telles

Site: Jefferson Square, Pine Bluff, AR

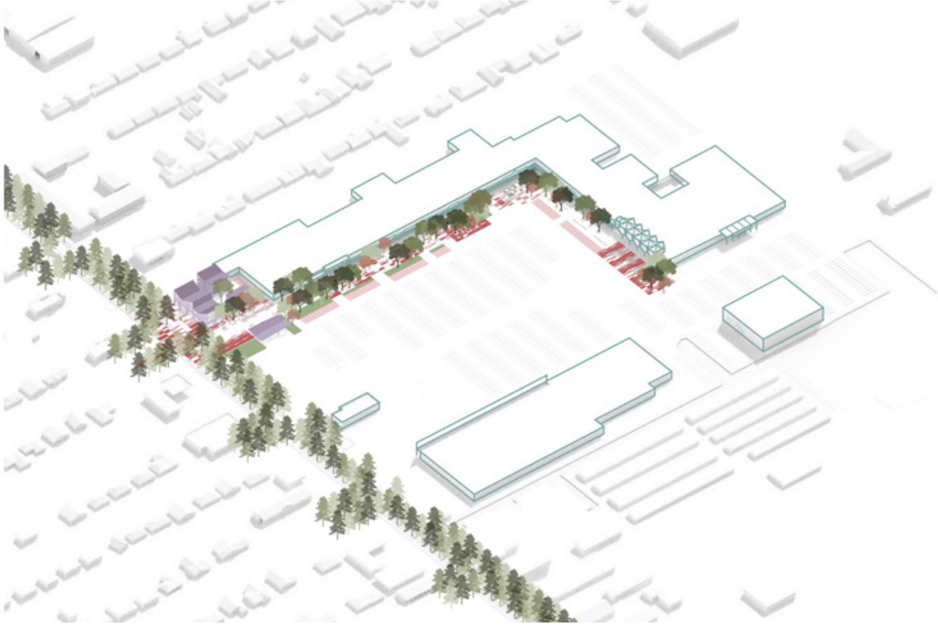
This studio focused on the improvement and revival of highway 63B in Pine Bluff, Arkansas. Working in collaboration with the UACDC (University of Arkansas Community Design Center) we were tasked with proposing a scenario that would reactive the highway by repurposing Jefferson Square. A once thriving shopping center it suffers the flaw that many shopping centers in America currently suffer form that being that they are extremely parking heavy and are a contributing factor to urban sprawl. We used the process of scenario planning thinking. Where we as a studio collective would design and adapt to any changes based on real world factors. Before visitng the site, Steve challenged us to use this method to come up with different scenarios for what could be of this parking lot. We then met with the developer of the property and visited the site and adjusted our initial scenarios to any new information we gained from talking to the developer and visitng the site. Using our What If questions, we were able to narrow down to our proposal to "What if Jefferson Square was a Mixed Use Development?"


Commerical
Residential
Education
Churches
Medical
Industrial
Govt

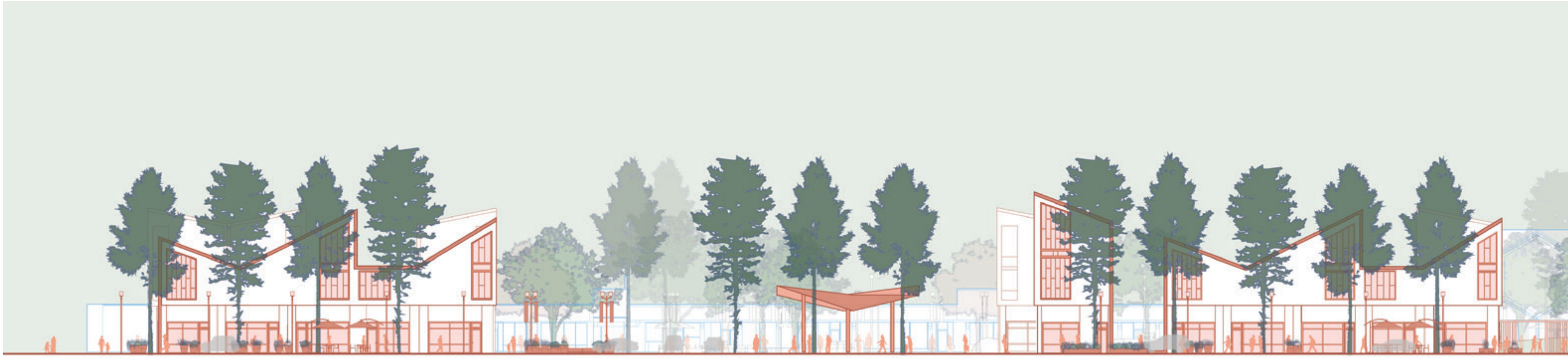
Pine Bluff Context Diagrams - UACDC Provided



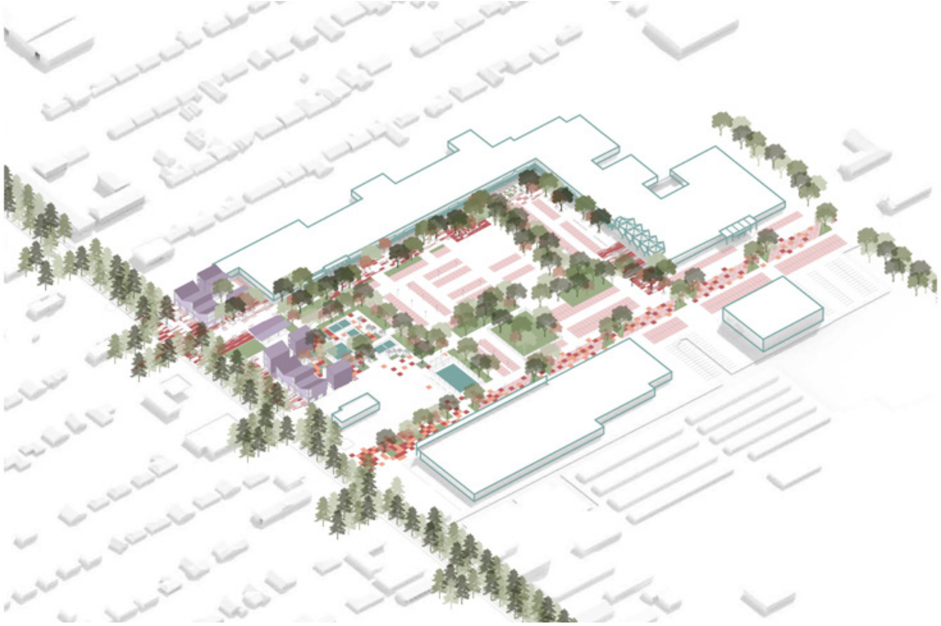
Strategic Site Diagram



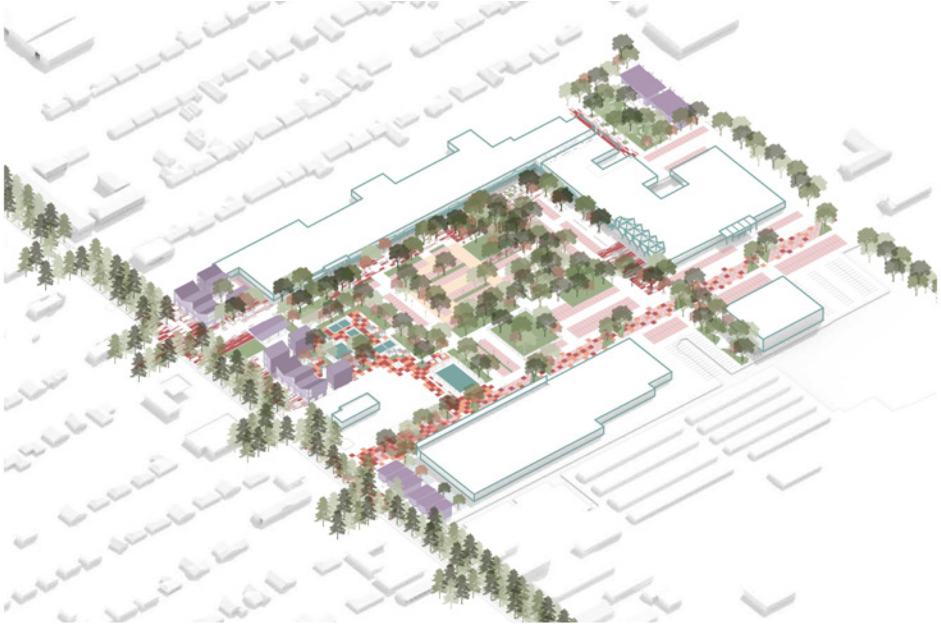
Phase I



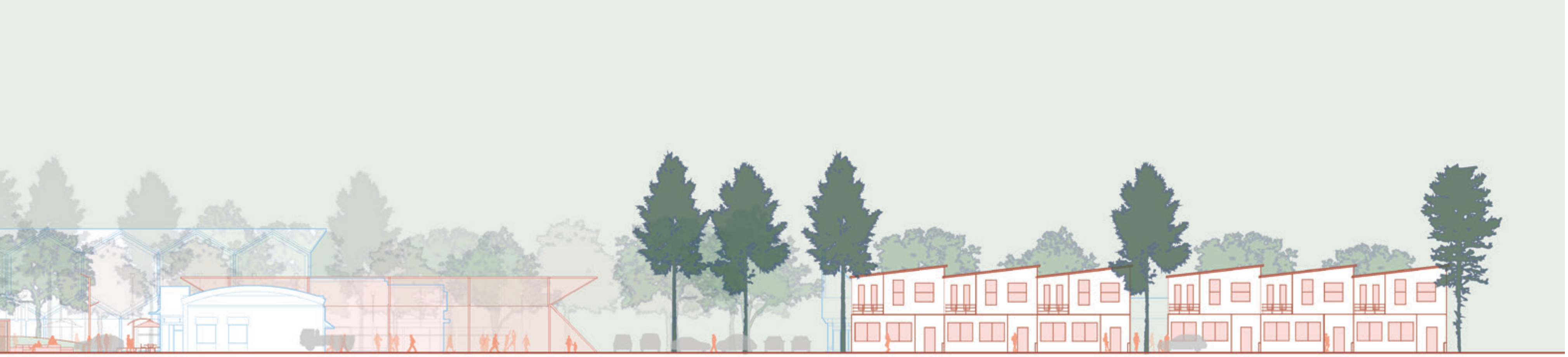
Elevation I - Olive Street

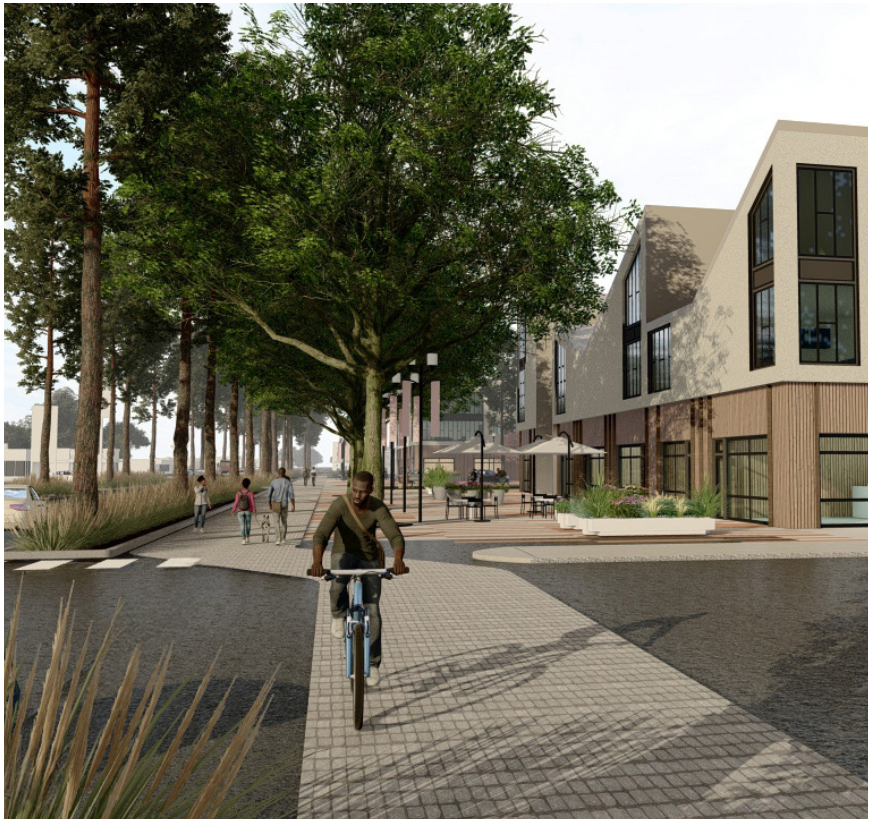


Phase II

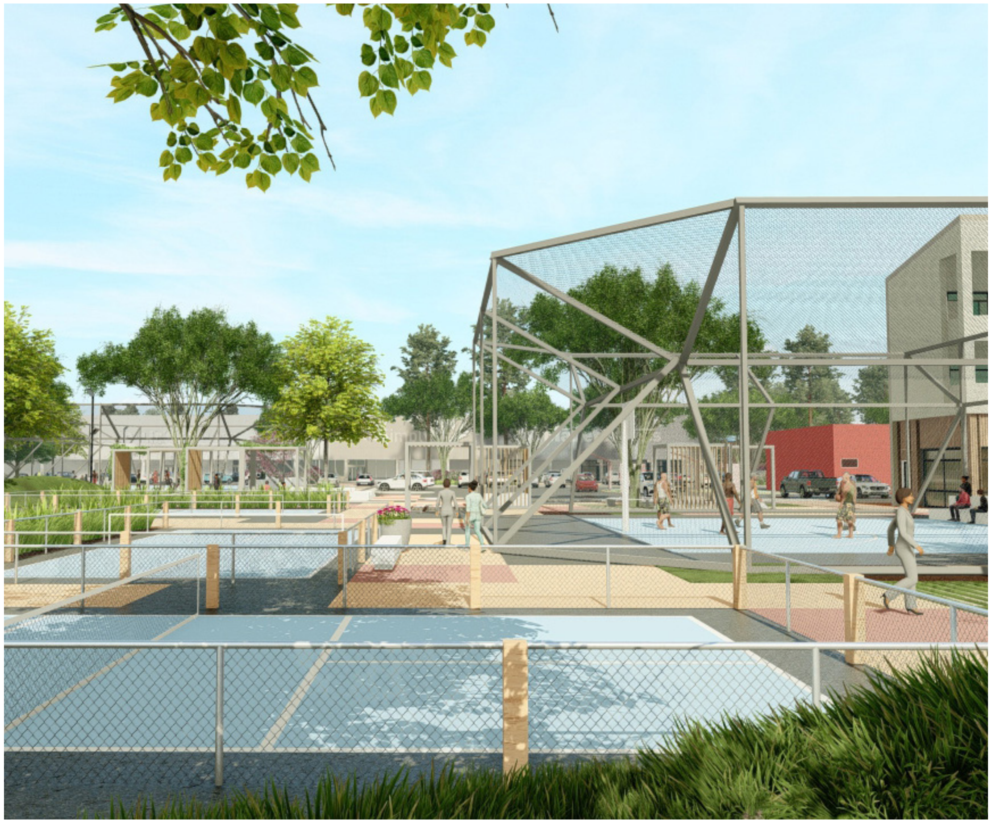


Phase III

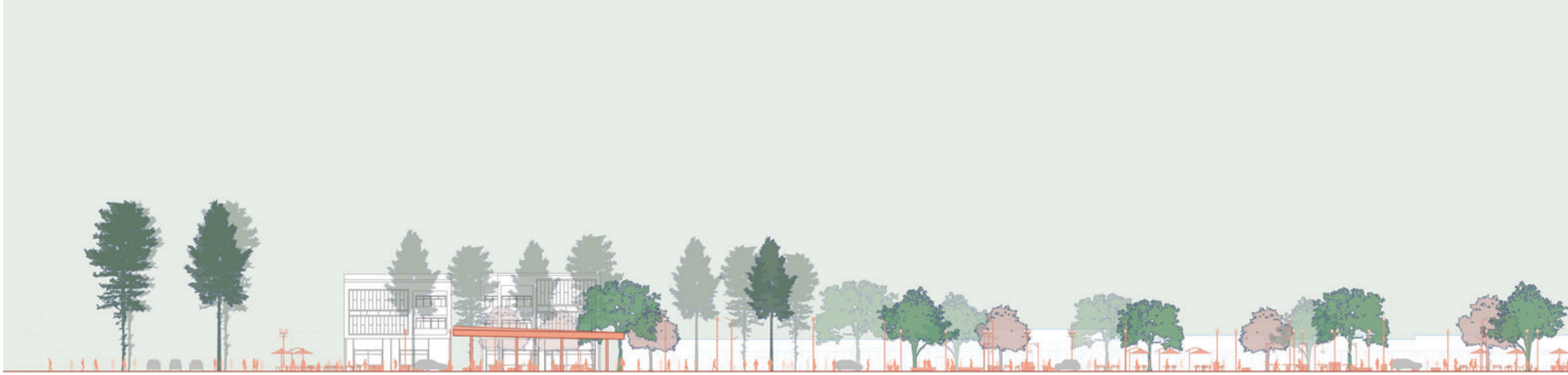




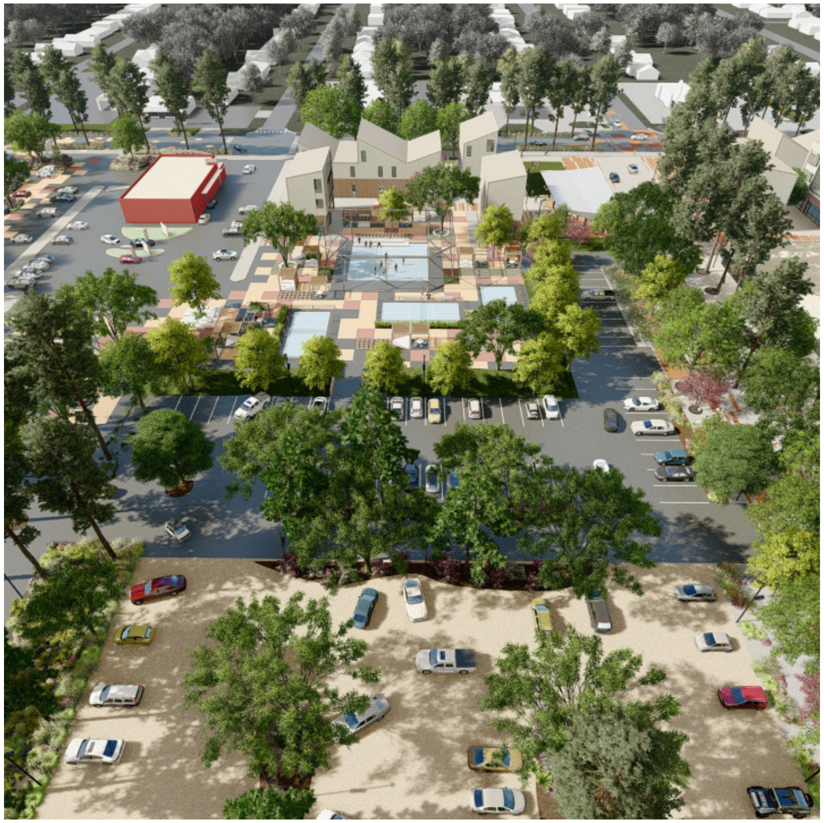
Exterior Perspective 1 - Highway 73B looking North



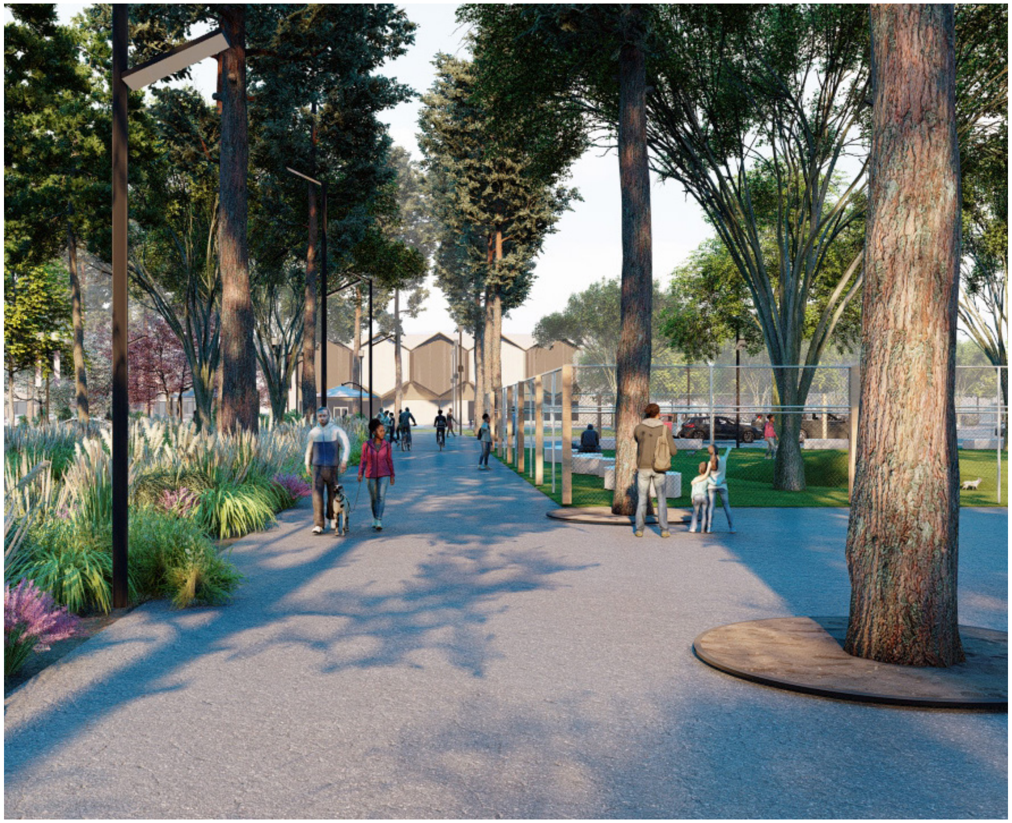
Exterior Perspective 2 - Recreational Courts



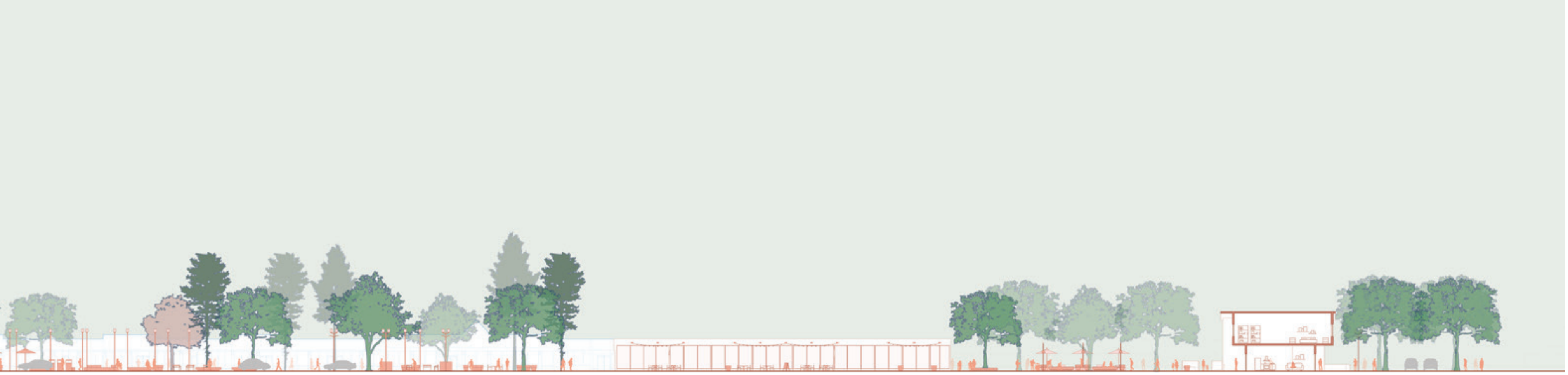
Elevation II - Shared Street

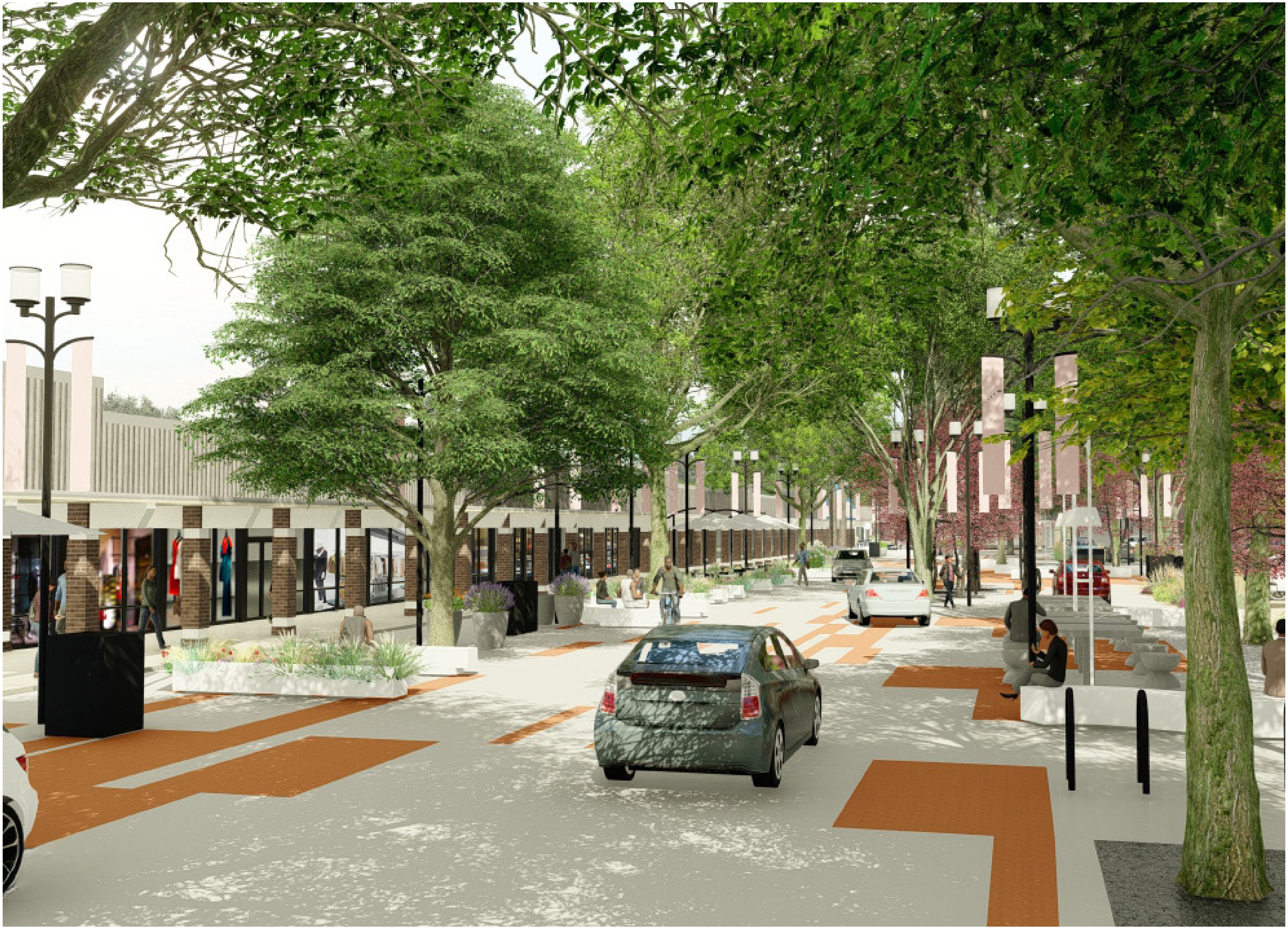


Exterior Perspective 3 - Aerial of Housing and parking lot programming

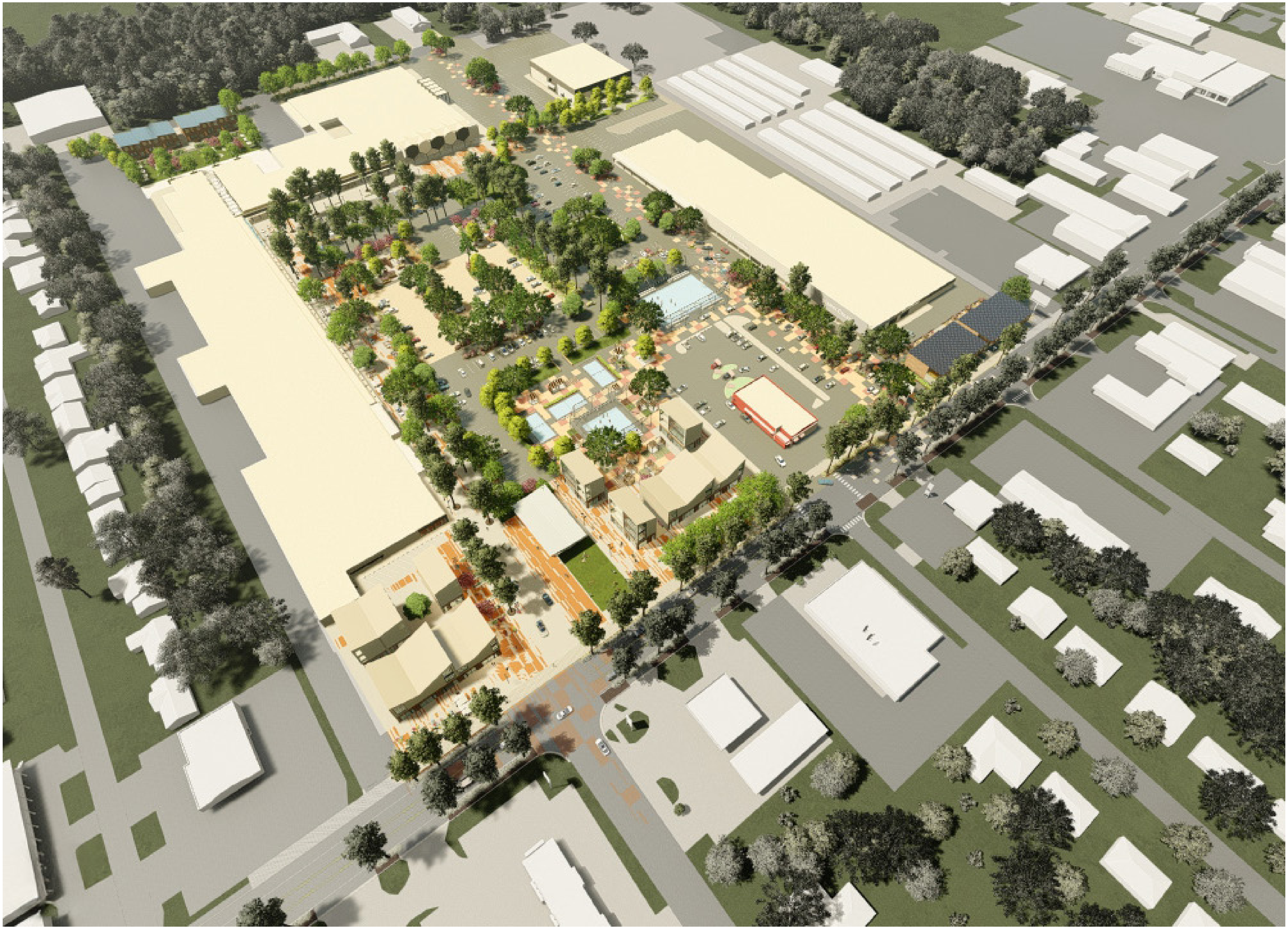


Exterior Perspective 4 - Shaded walkway created inside of parking lot

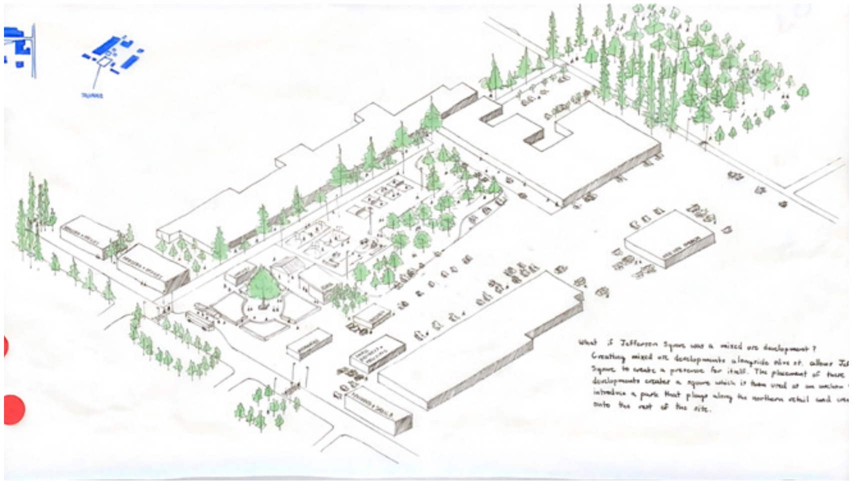




Exterior Perspective 5 - Shared Street

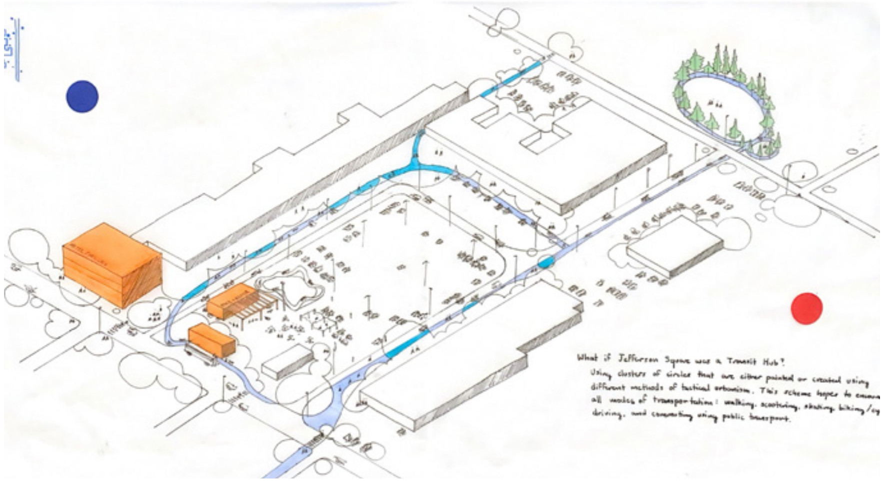


Exterior Perspective 6 - Aerial looking at Phase III construction build out



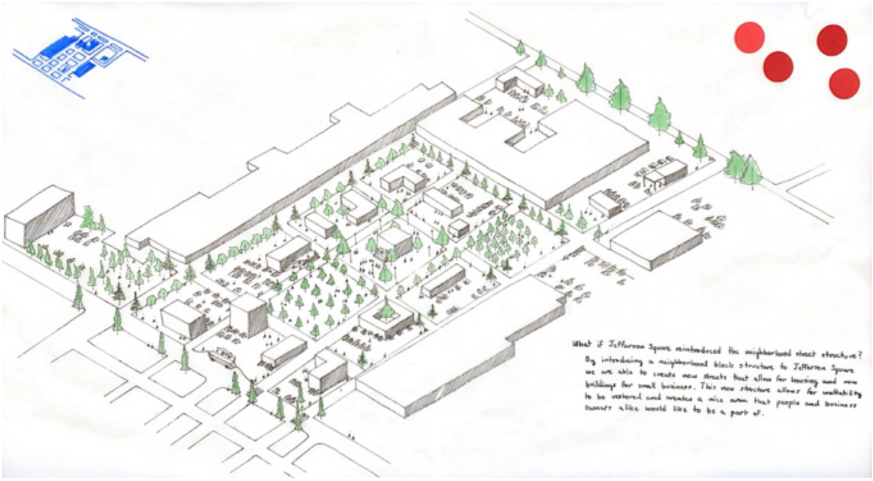
What if Jefferson Square was a mixed use development?
Creating mixed use developments alongside Olive St. allows Jef
Square to create a presence for itself. The placement of these
developments creates a square which is then used as an anchor
introduce a park that plugs along the northern retail and
onto the rest of the site.

What if Jefferson Square was a Mixed Use Development?



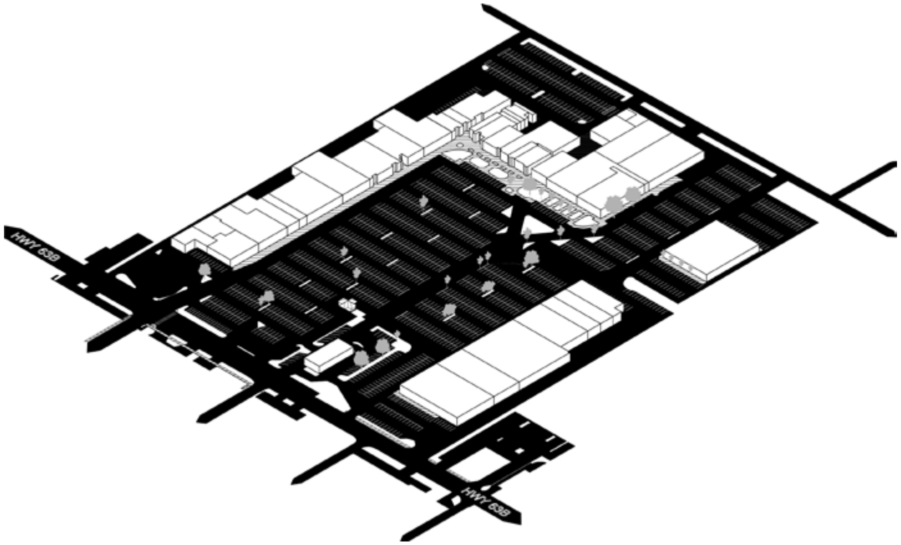
What if Jefferson Square was a Transit Hub?
Using clusters of circles that are either painted or created using
different methods of tactical urbanism. This scheme hopes to encom
all modes of transportation: walking, scootering, skating, biking/cy
driving, and commuting using public transport.

What if Jefferson Square was a Transit Hub?

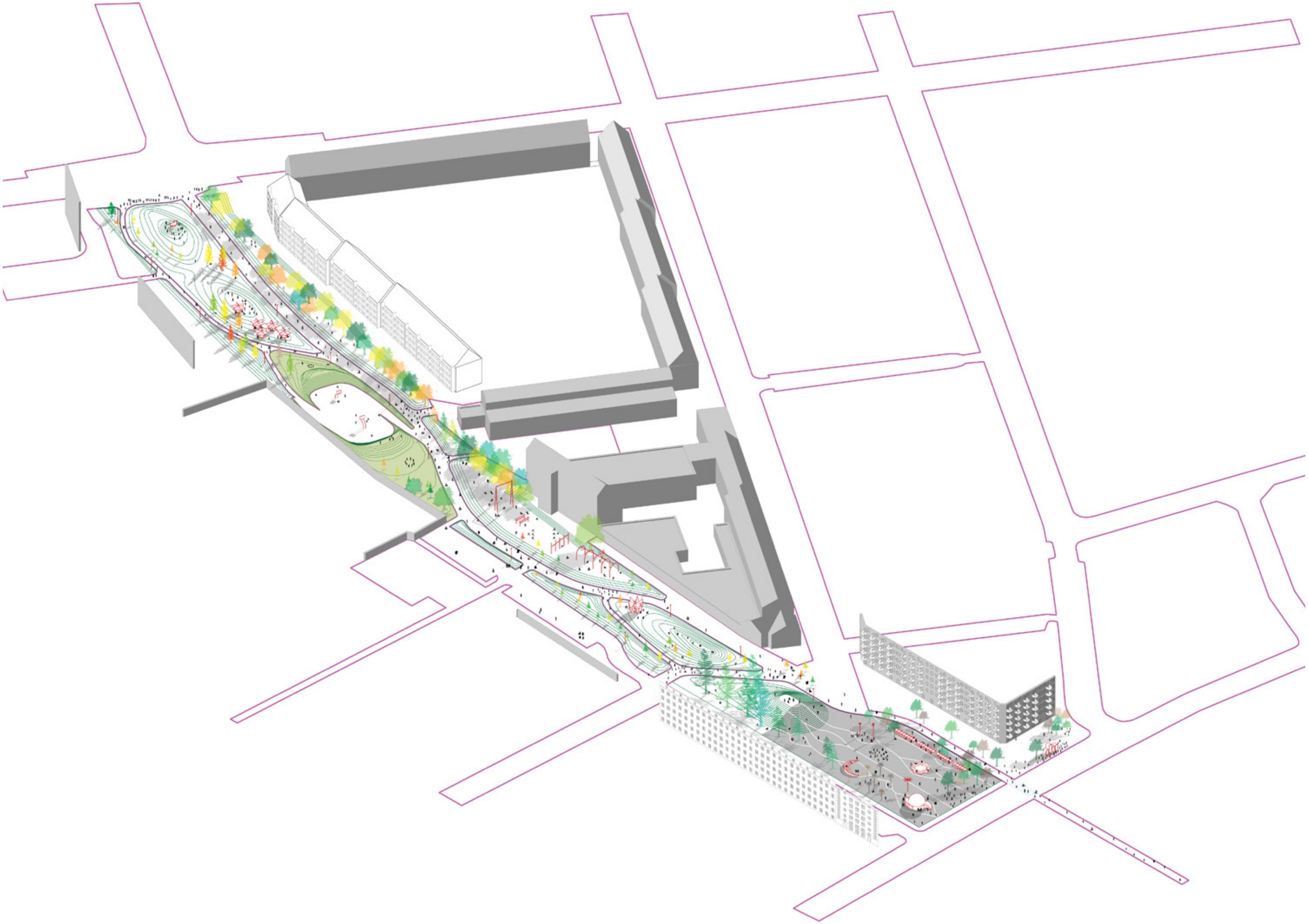


What if Jefferson Square reintroduced the neighborhood street structure?
By introducing a neighborhood block structure to Jefferson Square
we are able to create new streets that allow for housing and new
buildings for small business. This new structure allows for walkability
to be restored and creates a nice area that people and business
owners alike would like to be a part of.

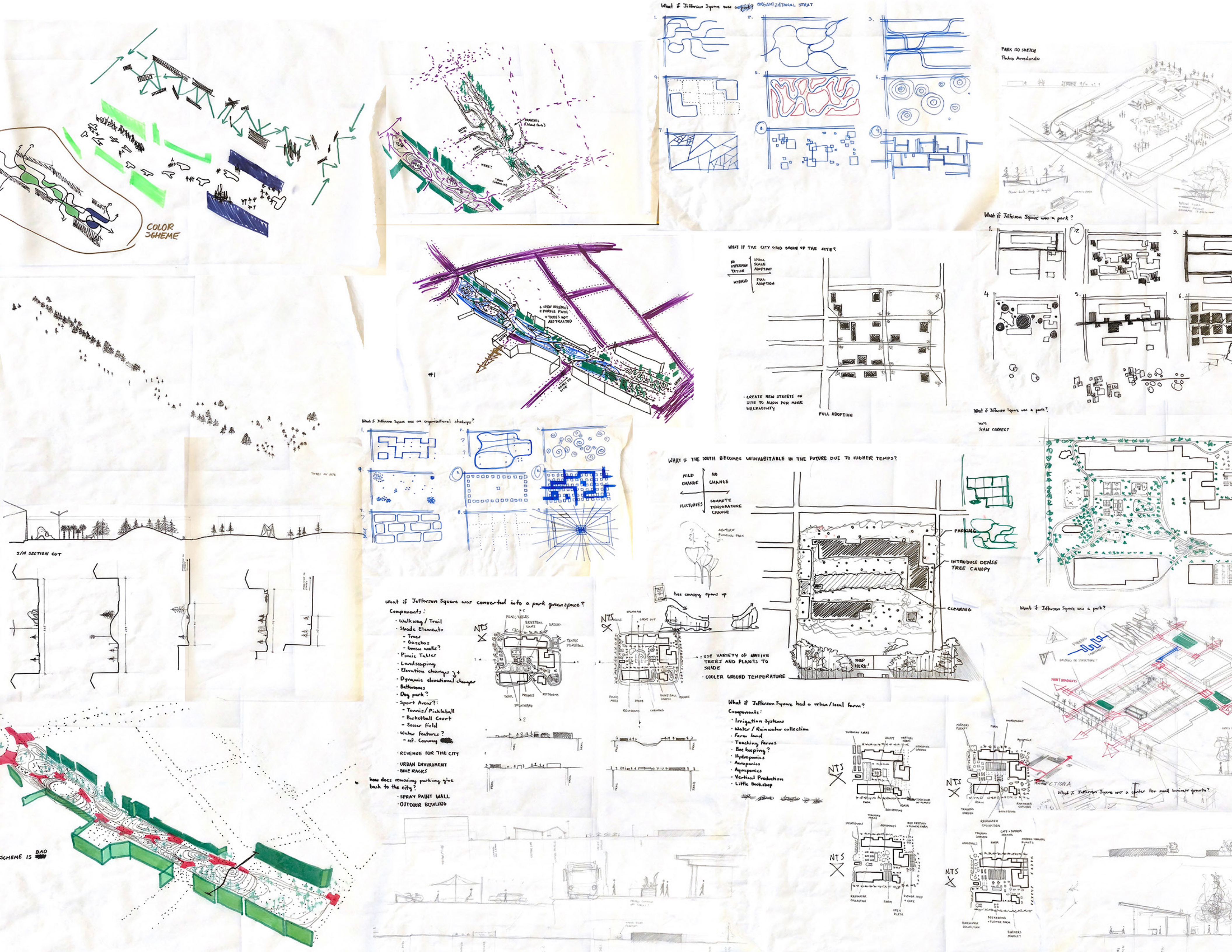
What if Jefferson Square reintroduced the neighborhood street structure?



Exisitng Conditions of Jefferson Square



Precedent Study - Superkilen Park - Copenhagen, Denmark



What if Jefferson Square was ~~a park~~? ORGANIZATONAL STRAT

PARK ISO SKETCH

Pedro Arredondo

What if Jefferson Square was a park?

WHAT IF THE CITY GRID BROKE UP THE SITE?

- CREATE NEW STREETS ON SITE TO ALLOW FOR MORE WALKABILITY

What if Jefferson Square was an organizational strategy?

What if Jefferson Square was a park?

WHAT IF THE SOUTH BECOMES UNINHABITABLE IN THE FUTURE DUE TO HIGHER TEMPS?

what if Jefferson Square was converted into a park greenspace?

Components:
- Walkway / Trail
- Shade Elements
  - Trees
  - Gazebos
  - Green walls?
- Picnic Tables
- Landscaping
- Elevation changes
- Dynamic elevational changes
- Bathrooms
- Dog park?
- Sport Areas?:
  - Tennis/Pickleball
  - Basketball Court
  - Soccer field
- Water Features?
  - ref. Conway
- REVENUE FOR THE CITY
- URBAN ENVIROMENT
- BIKE RACKS

how does removing parking give back to the city?
- SPRAY PAINT WALL
- OUTDOOR BOWLING

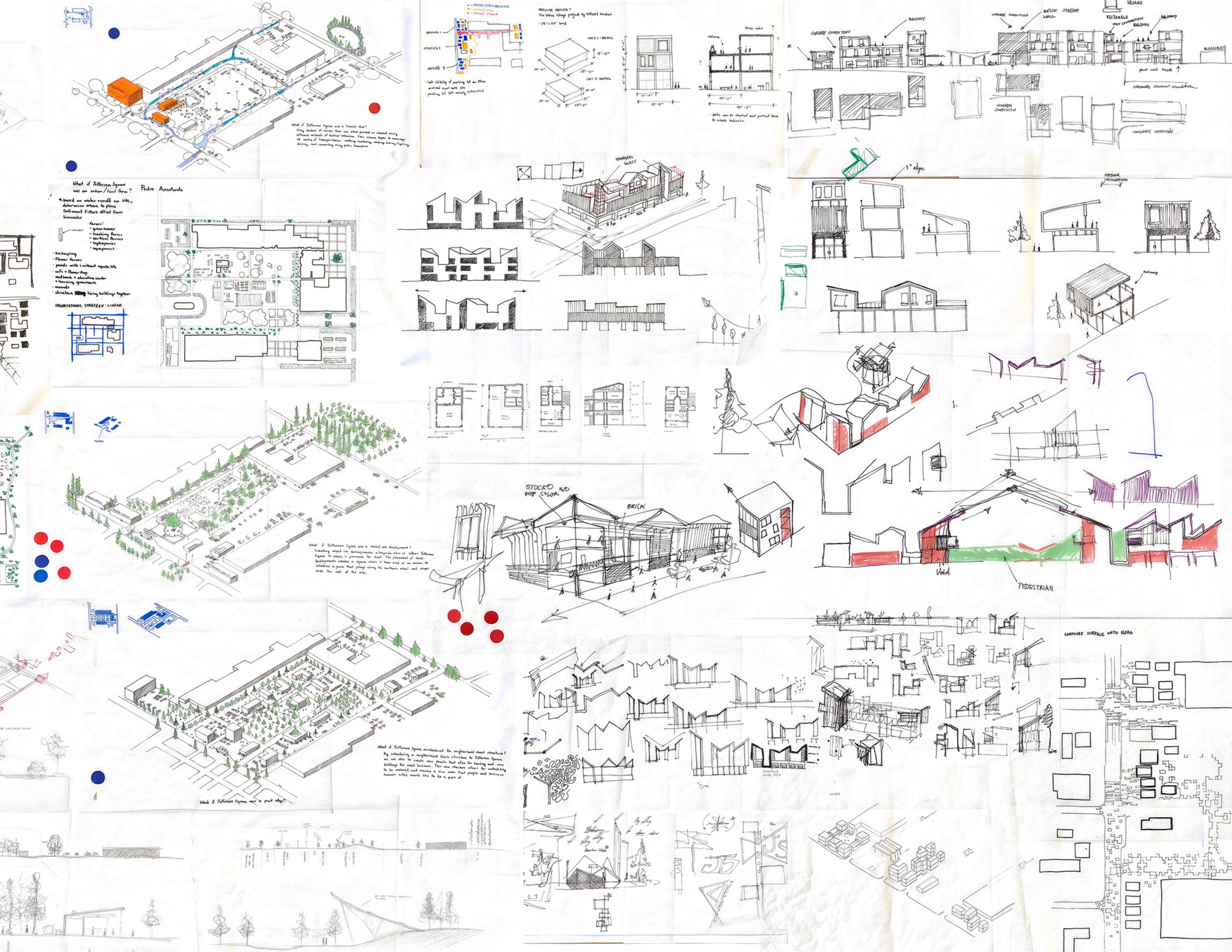
- USE VARIETY OF NATIVE TREES AND PLANTS TO SHADE
- COOLER GROUND TEMPERATURE

What if Jefferson Square had a urban/local farm?

Components:
- Irrigation Systems
- Water / Rainwater collection
- Farm land
- Teaching farms
- Bee keeping?
- Hydroponics
- Aeroponics
- Aquaponics
- Vertical Production
- Little Bookshop

What if Jefferson Square was a center for small business growth?

COLOR SCHEME
TREES ON SITE
S/N SECTION CUT
SCHEME IS BAD
ENTRY
BRANCHES (Olmos Park)
TREE?
TRUNK
+ SHOW BUILDINGS
+ PURPLE PATH
+ TREES NOT ABSTRACTED
#1
ENTRY TO SITE
1.
2.
3.
4.
5.
6.
7.
8.
9.
12
Flower beds vary in height
NATIVE FLORA
NO IMPLEMENTATION
SMALL SCALE ADOPTION
HYBRID
FULL ADOPTION
FULL ADOPTION
SCALE CORRECT
MILD CHANGE
NO CHANGE
FLUCTUATES
CONCRETE TEMPERATURE CHANGE
FLOATING PARK
tree canopy opens up
PARKING
INTRODUCE DENSE TREE CANOPY
CLEARING
SHOP HERE!
NTS
PICNIC TABLES
BASKETBALL COURT
GAZEBO
TENNIS PICKLEBALL
TRAIL
MOUNDS
RESTROOMS
SPLASHPAD
CARVE OUT
PICNIC AREA
SHADE
CLEARING
BASKETBALL COURTS
TEACHING FARMS
ALLAY
VERTICAL FARMS
FARM
BEE KEEPING
ADMIN
HYDROPONICS
AQUAPONICS
BEE KEEPING + FLOWER FARM
RAINWATER COLLECTION
OPEN PLAZA
FARMERS MARKET
TEACHING GARDEN
RAINWATER CATCHER
CAFE + OUTDOOR SEATING
SHADED HANGING PLANTS
FARMERS MARKET
PARKING
LANDSCAPING
BUILDING OR STRUCTURE?
PAINT ROADWAYS
SECTION A



• = MIXED USE/HOUSING
• = RECREATIONAL
• = SHARED STREET
HOUSING 1
HOUSING 2
HOUSING 3
MODULAR HOUSING ?
The Urban Village project by Effekt Studios
- 25' x 20' Grid
UNIT 1 : RETAIL
15'-0"
20'-0"
25'-0"
UNIT 2: HOUSING
10'-0"
25'-0"
40'-0"
balcony
these units
?
CORNER CONDITION
BALCONY
BRICK SHEAR WALL
SQUARE
RECTANGLE
UNIT CONNECTION
MCDONALDS
push unit back
create corner condition
4° slope
SPANDREL GLASS
OUTDOOR CIRCULATION
balcony
STUCCO AND POP COLOR
BRICK
Void
PEDESTRIAN
CONTINUE SURFACE ONTO ROAD
ORGANIZATIONAL STRATEGY: LINEAR
Pedro Arredondo

- Left visibility of parking lot on Olive minimal visual onto site
- parking lot left mainly untouched

- units can be stacked and pushed back to create balconies.

What if Jefferson Square was a Transit Hub?
Using clusters of circles that are either painted or created using different methods of tactical urbanism. This scheme hopes to encourage all modes of transportation: walking, skateboarding, skating, biking/cycling, driving, and commuting using public transport.

What if Jefferson Square was an urban/local farm?

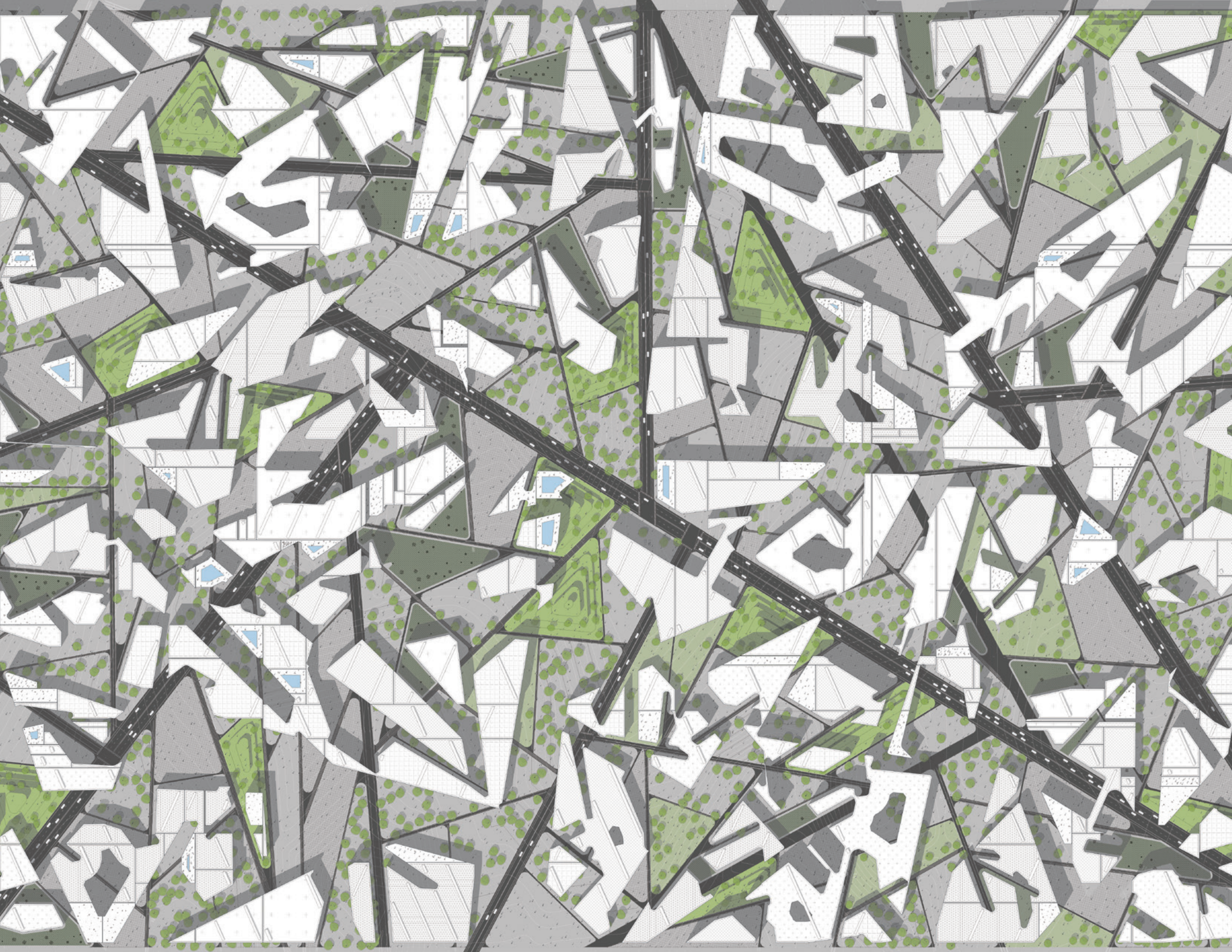
*based on water runoff on site, determine where to place Sediment Filters offset from bioswales

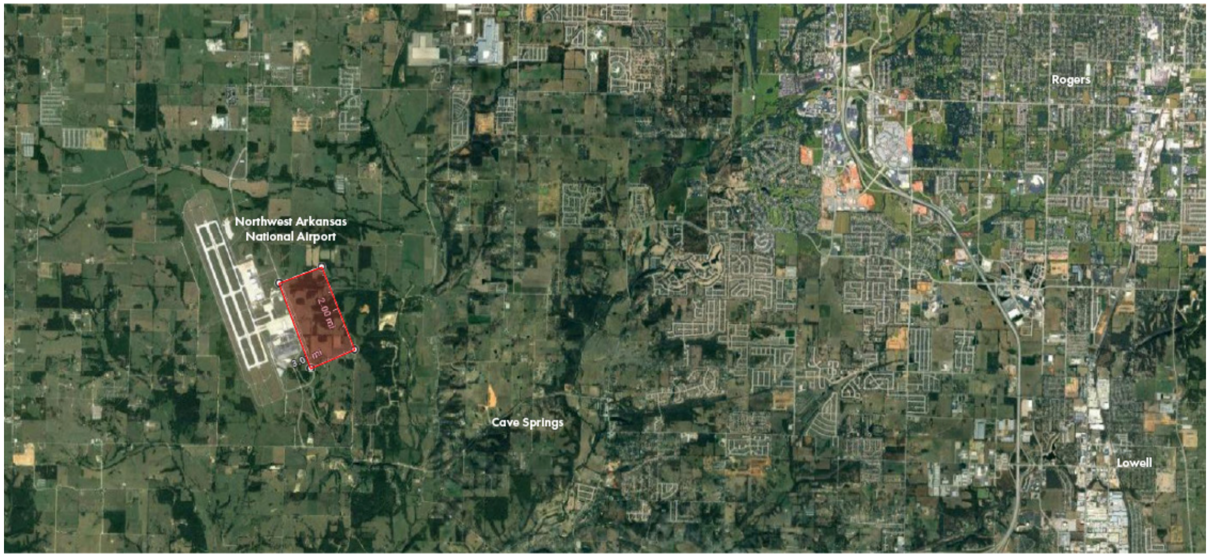
- Farms:
  - greenhouses
  - teaching farms
  - vertical farms
  - hydroponics
  - aquaponics
- beekeeping
- flower farms
- ponds with + without aquatic life
- cafe + flower shop
- seed bank + education center + learning greenhouse
- mounds
- structure tieing buildings together

What if Jefferson Square was a mixed use development?
Creating mixed use developments alongside Olive St. allows Jefferson Square to create a presence for itself. The placement of these developments creates a square which is then used as an anchor to introduce a park that plays along the northern retail and wraps onto the rest of the site.

What if Jefferson Square reintroduced the neighborhood street structure?
By introducing a neighborhood block structure to Jefferson Square we are able to create new streets that allow for housing and new buildings for small business. This new structure allows for walkability to be restored and creates a nice area that people and business owners alike would like to be a part of.

What if Jefferson Square was a park edge?





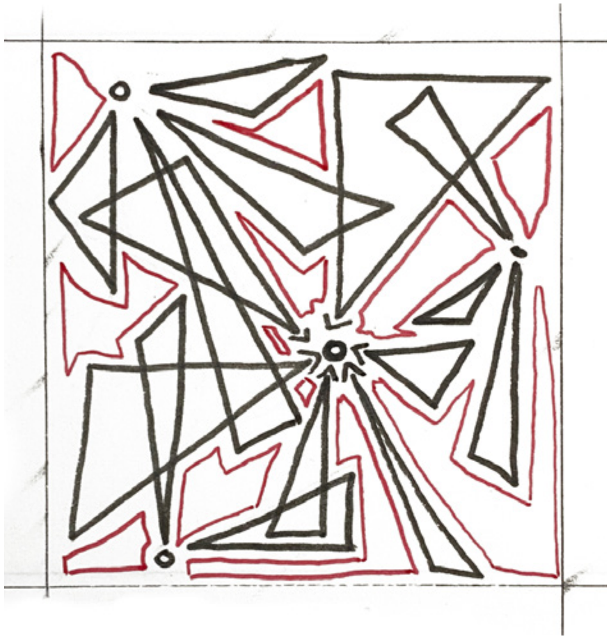
Entangled Ark

Nathaniel Elberfeld | Andrew Kudless
Isaiah Reeder, Connor Halferty

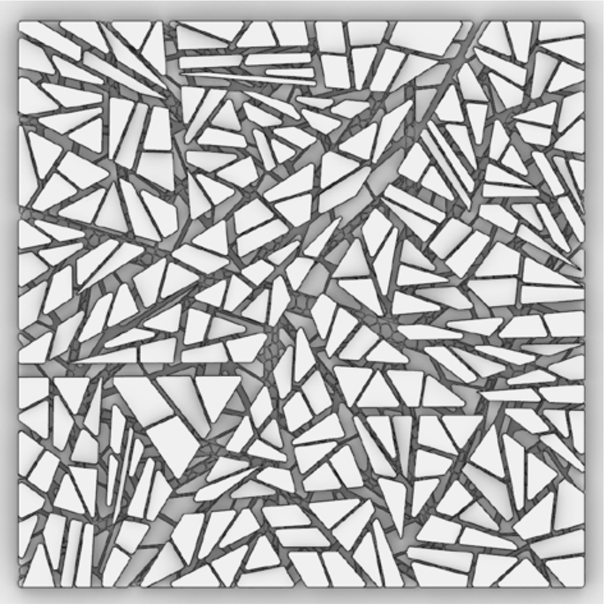
Site: Northwest Arkansas Airport (XNA), Bentonville, AR

The basis of this studio was to develop a neighborhood that prioritizes high population density, mixed-use development, and the flows of matter, energy, and life across a site. Our site dimensions were 1 mile by 0.5 mile. We aimed to achieve this through the use of parametric design tools and Artificial Intelligence for conceptualizing ideas. We used Grasshopper, a coding software within Rhino, which allows us to parameterize every aspect of our design.

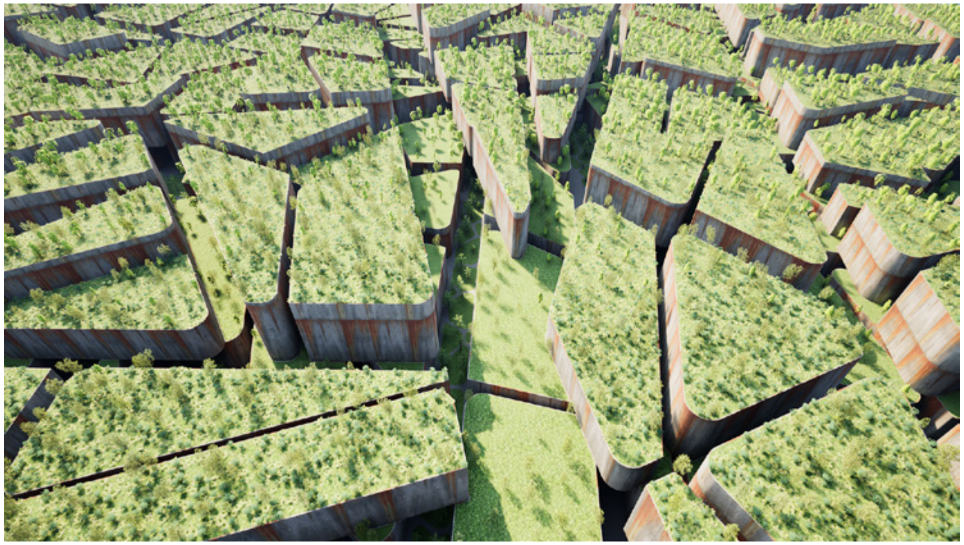
The title of this neighborhood is "The Lost City." The concept behind The Lost City was to create a dense area that allows residents to become familiar with the layout while disorienting newcomers, letting the architecture guide them to different areas. The buildings in this proposal are informed by the streets that divide the site into fractal segments where the buildings create their footprints. The hierarchy of the streets comes from dividing the site in half using a randomly selected angle, then continuing to subdivide those new shapes by another random angle, creating a fractal pattern reminiscent of an ice-ray.



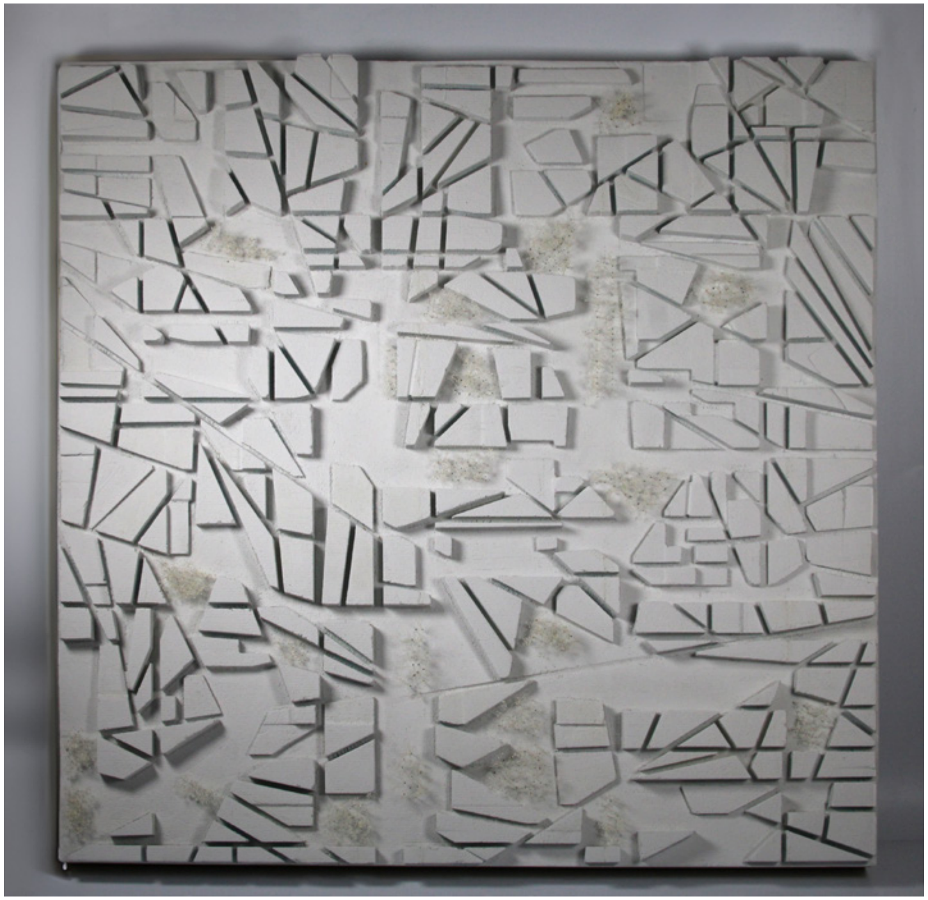
Initial Sketch for City Layout



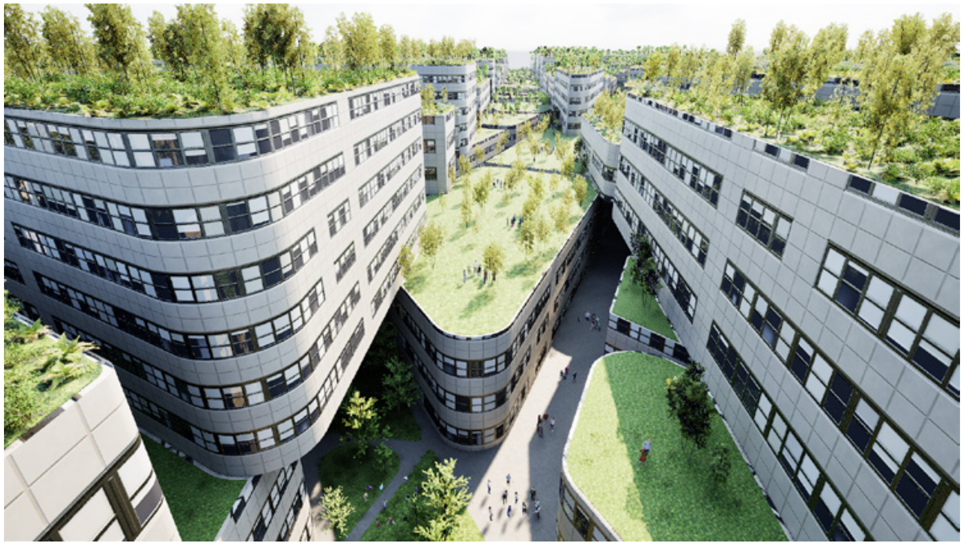
Iteration 1 of Lost City



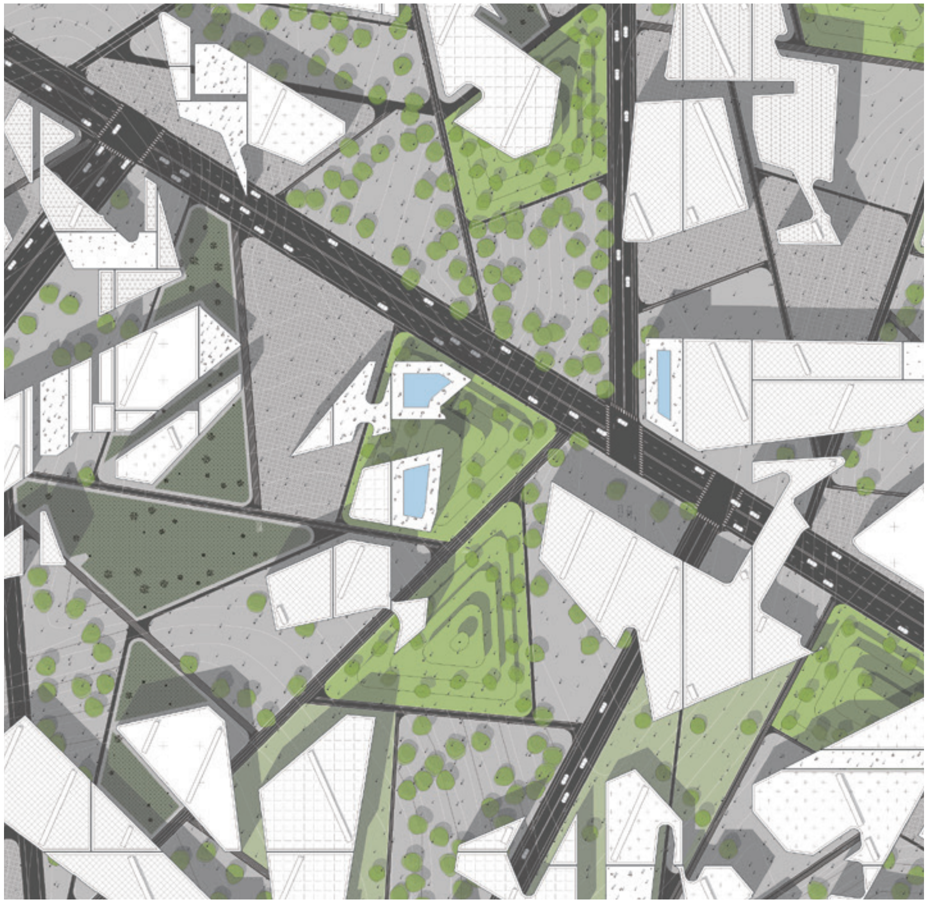
Exterior Rendering 1 - aerial view of Lost City



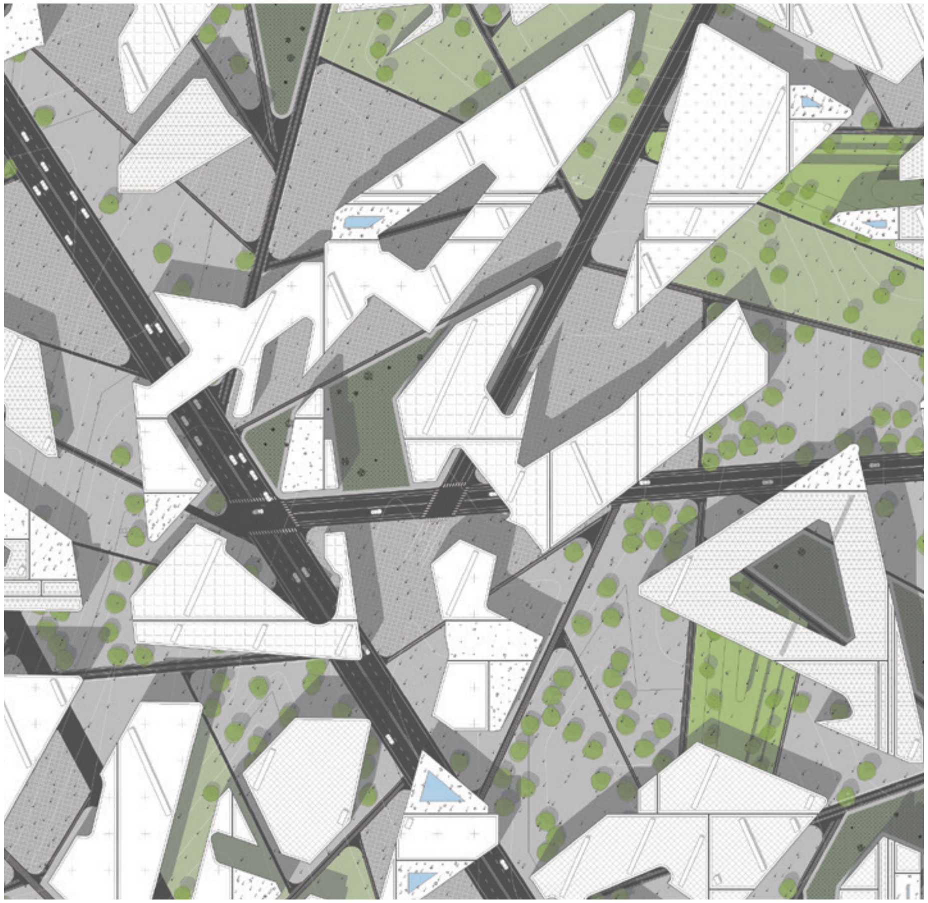
Physical Model - 36" x 36" CNC'd foam on a wooden base



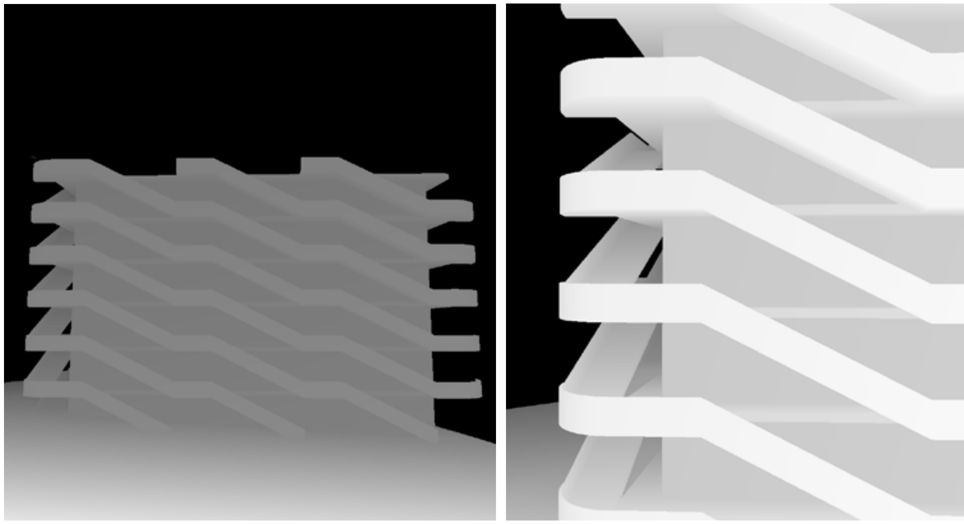
Exterior Rendering 2 - look at layering and pathways between roads



Master Plan Zoom In 1



Master Plan Zoom In 2

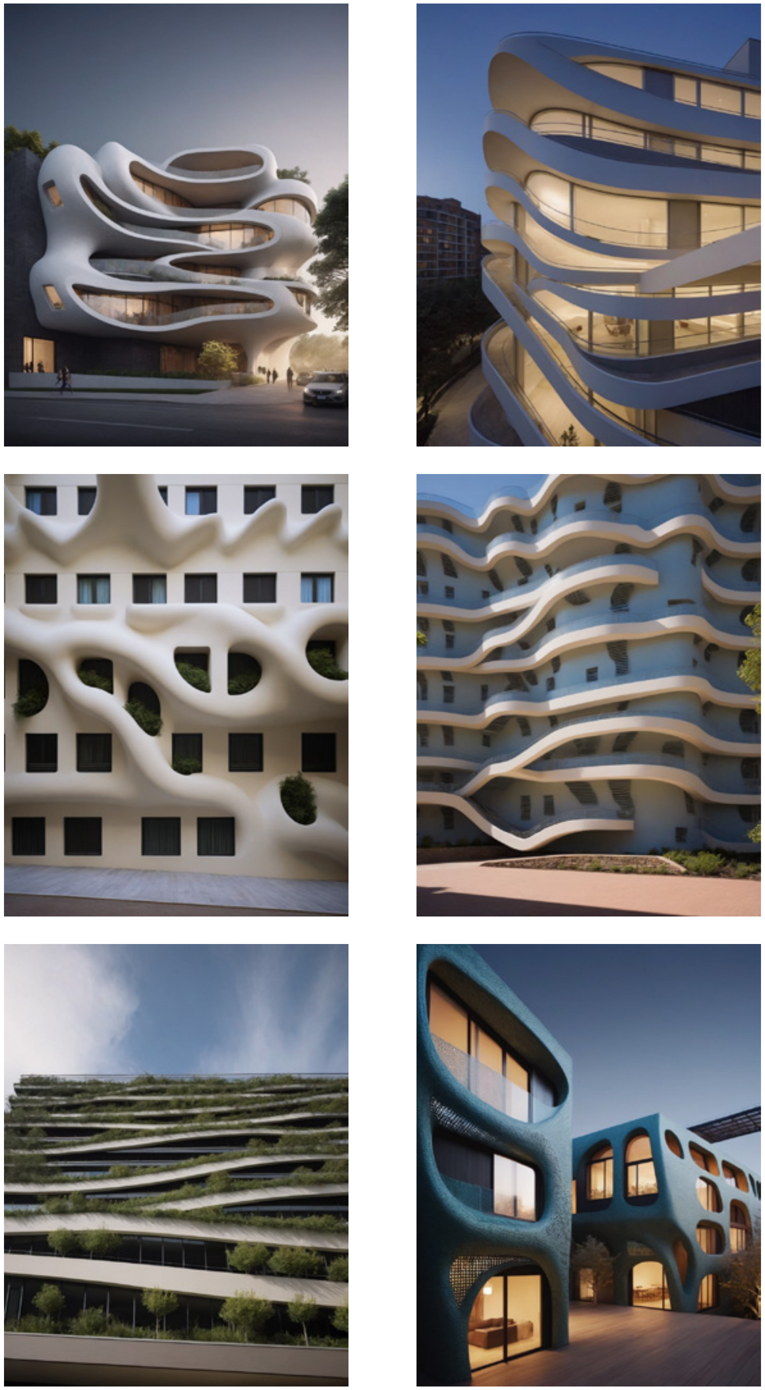


Input Images - Rhino Viewport Export

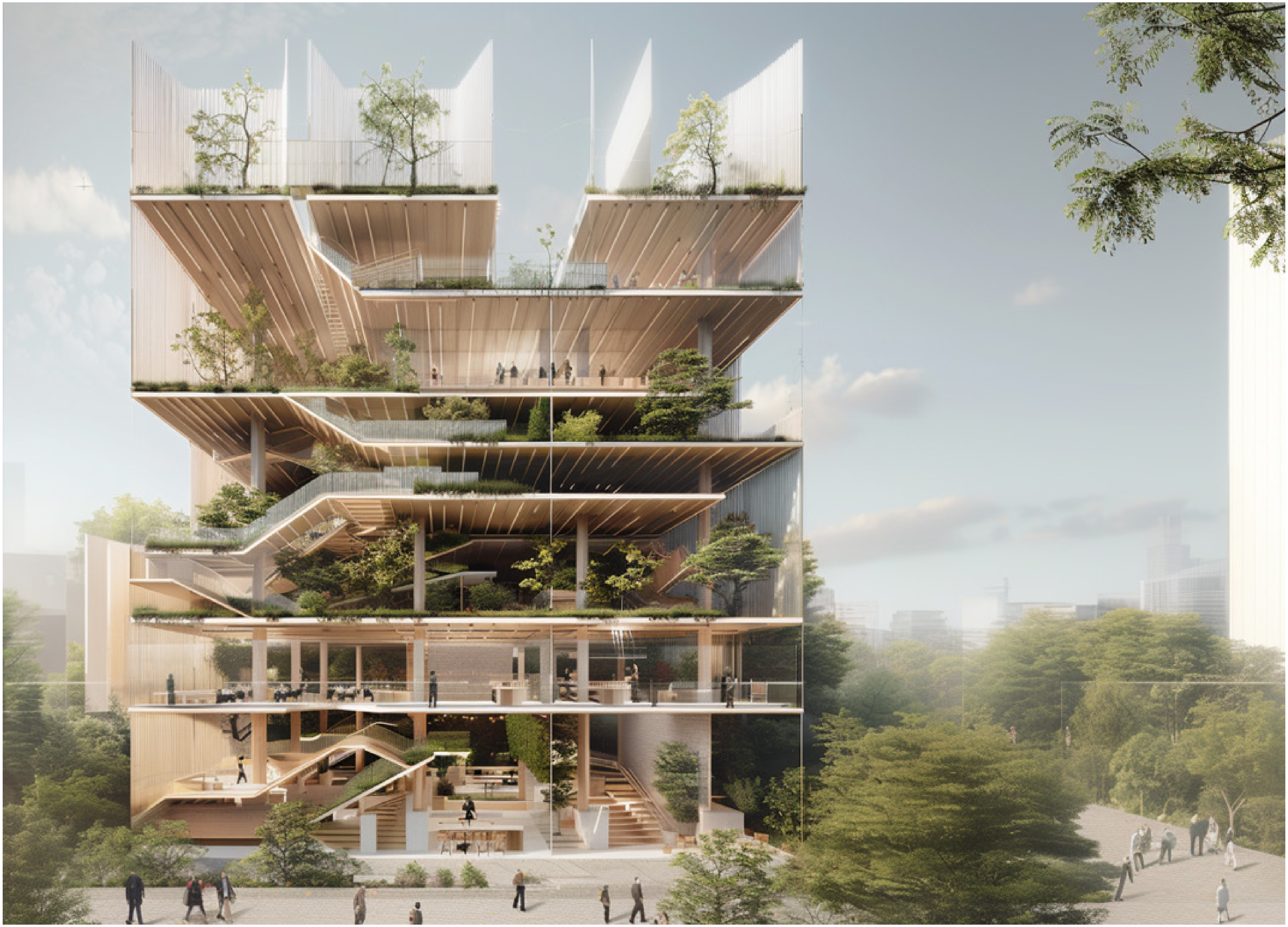
The second half of this studio involved the use of Artificial Intelligence (AI) and its use in architecture and design. The purpose of this project was to try and generate a facade for a building using a multitude of different AI programs. This project ties back to my High-Density Urban Proposal Project, we selected a building from this proposal to further develop and detail. Using a variety of AI programs I was able to generate an image that I used to then draft plans, a section, and a physical model based off of the image I generated. The process work behind actually generating this image was a constant back and forth trying to figure out the proper way to use the AI software and trying to get the software to generate your ideas properly.

AI Programs used:
- ChatGPT 3.5
- Midjourney
- ComfyUI
- Fooocus

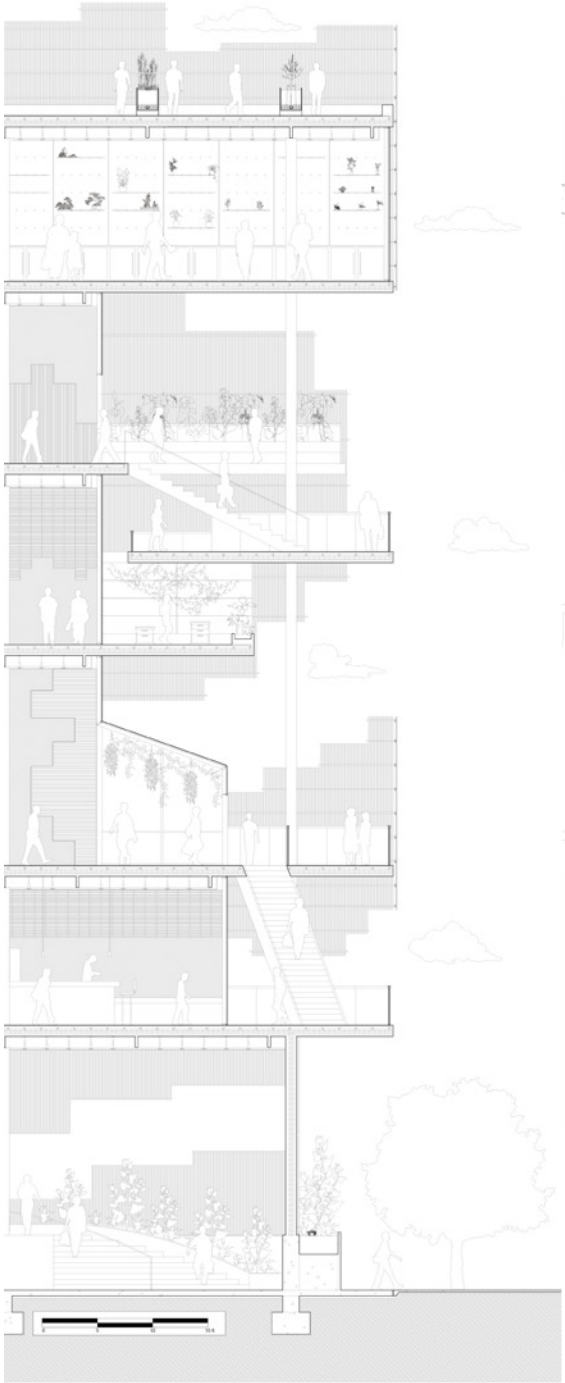
The process work behind getting these images was extensive. The AI program does not produce word to word what you input so there is a new language you have to learn in order to ensure that the AI correctly understands what you are trying to get it to produce. Using the software mentioned above the workflow in order to produce images generally consisted of first producing a prompt. Being concise and having background knowledge of what words should be used are key when developing a prompt to enter into an AI. There are inherit biases when using AI software. Some words can be key triggers and will drift the AI to produce an image that may not be what you exactly wanted. I generally tended to use AI to help me craft these prompts that I would insert back into another AI program. From here I would run multiple tests on the different image generators such as ComfyUI, Fooocus, and Midjourney.



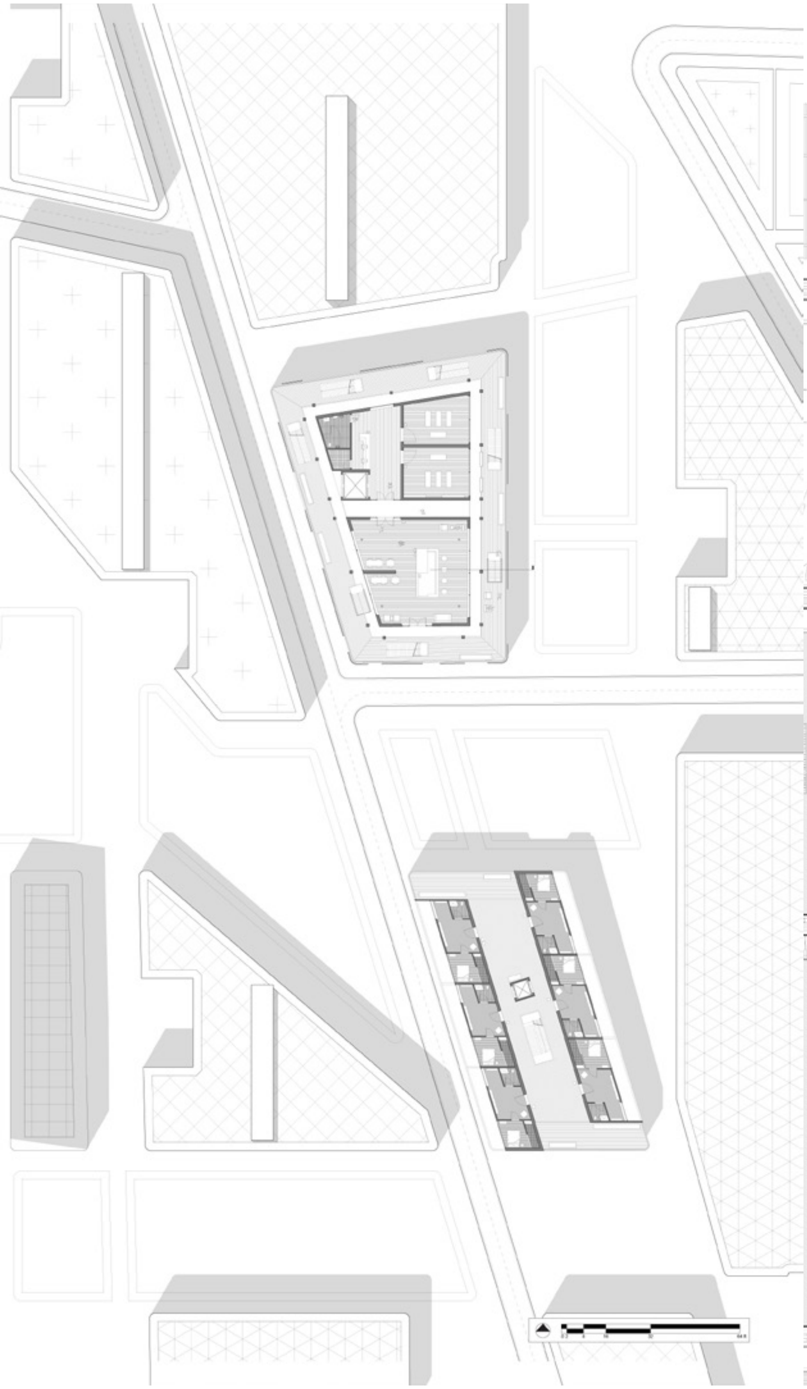
Output Images - Different AI Models



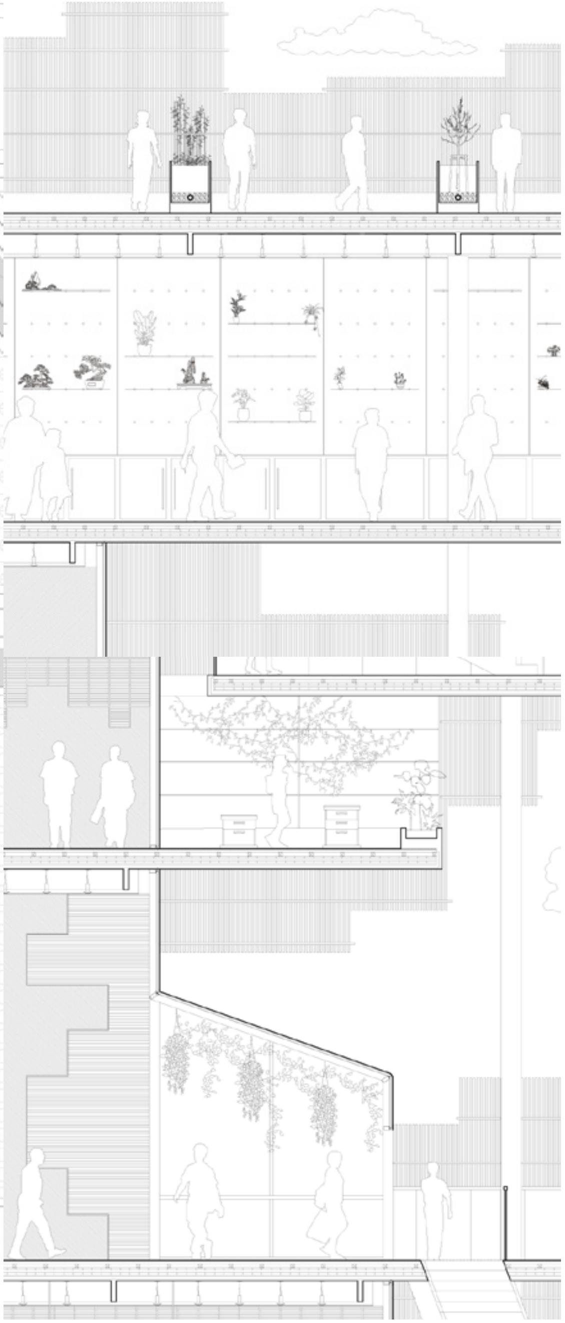
Final Image Curated for Wall Section and Plan



Wall Section Created based on AI Image



Floor Plan Created based on AI Image



Wall Section Zoom Ins

Physical Model

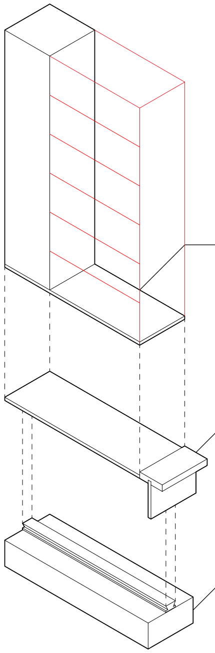
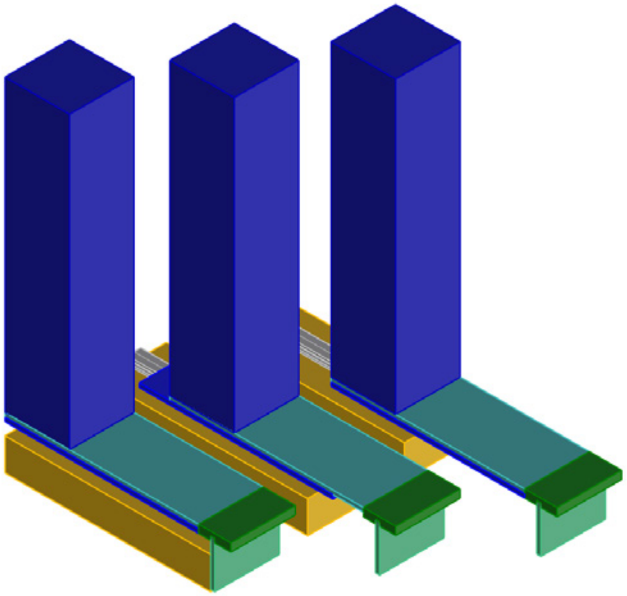


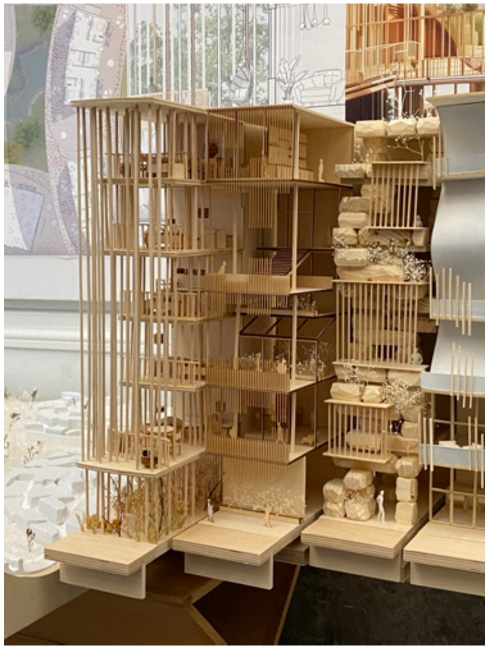
Image of the Mounting Hardware

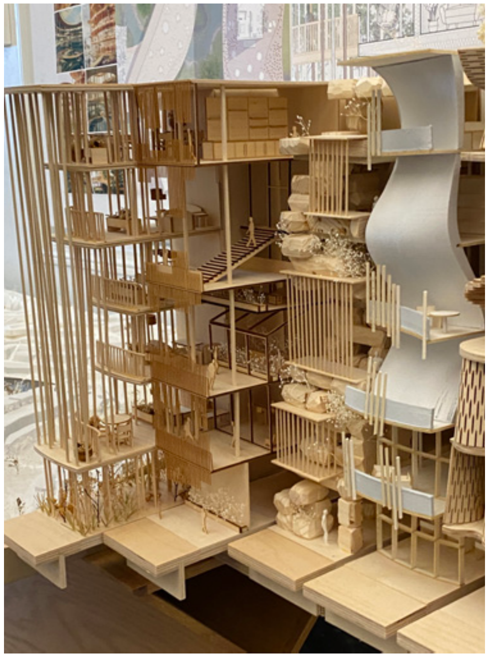
Student Base:
1/4″ Base that students will build on. Dimensions of the buildable area are 4″ x 8″ with a height restriction of 18″. The back of the base plate will include a solid mass.
Floor Heights are normalized to 12′ across the board so in the scaled model this is 3″ seperation.

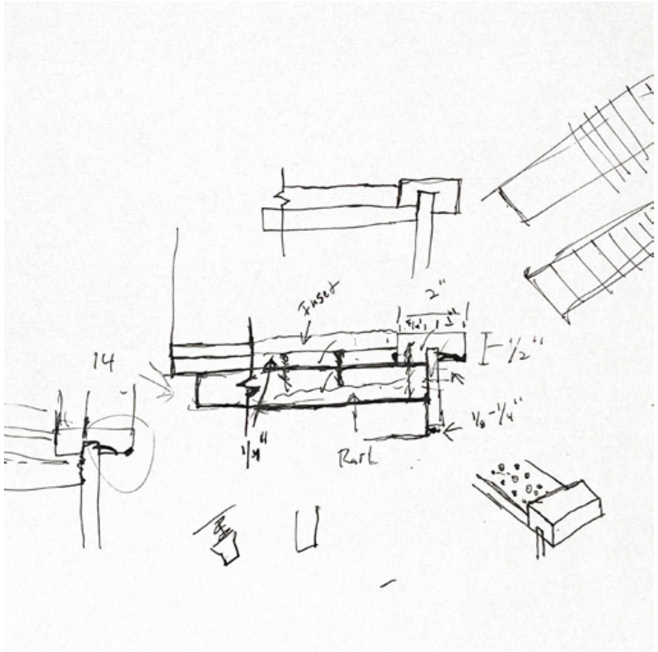
Handle Base:
The student base will be glued onto the handle base which includes a handle that can be grabbed easily and includes a fascia that goes down in order to hide the hardware and mounting base.
The female end of the mount hardware will be attached to this.

Mounting Base:
The mounting base will have the male end of the mounting hardware and will be attached to a 2″ x 4″ wooden block.

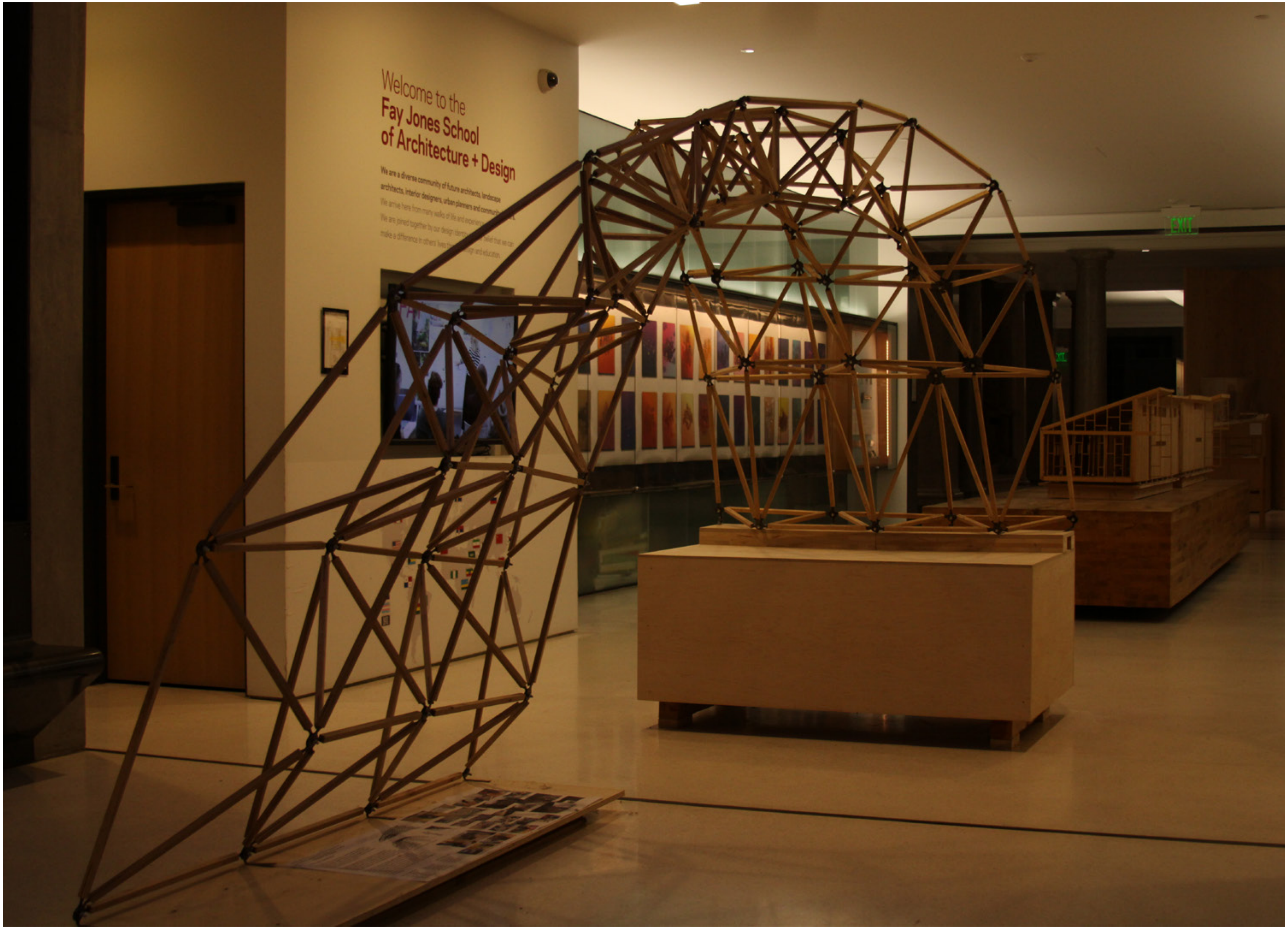




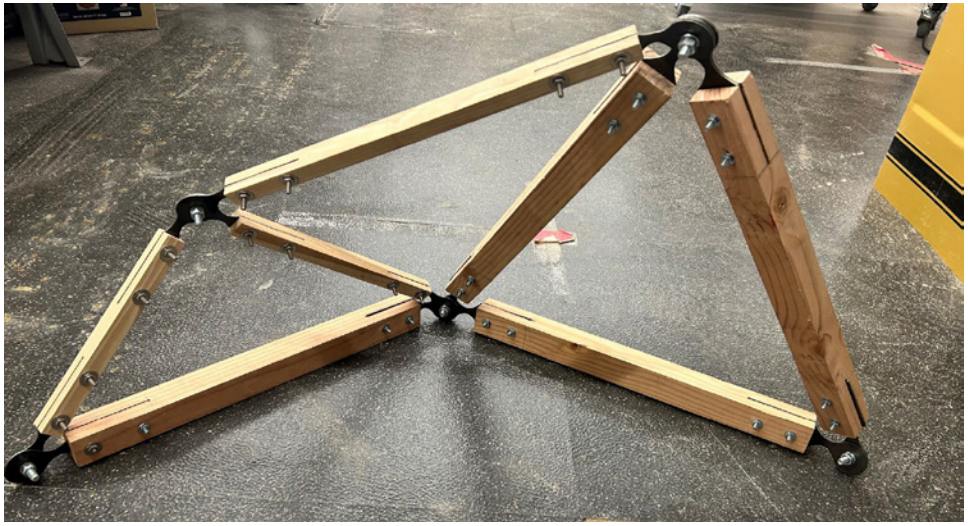




Physical Model - Process to build drawers; Hunter Craig aided desing and fabrication


Welcome to the
Fay Jones School
of Architecture + Design
EXIT

Finished Spaceframe sitting in Vol Walker Hall



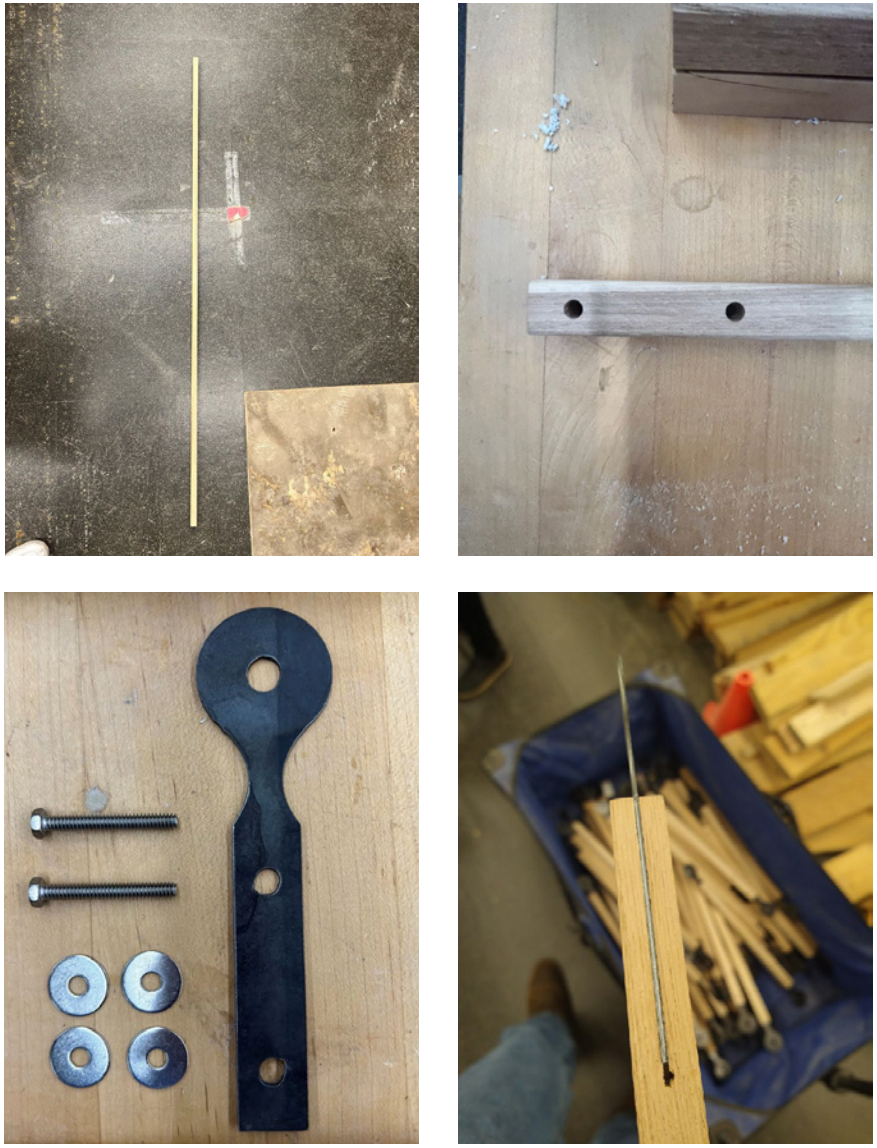
Spaceframe AR/ MR - Structural Project

Emily Baker

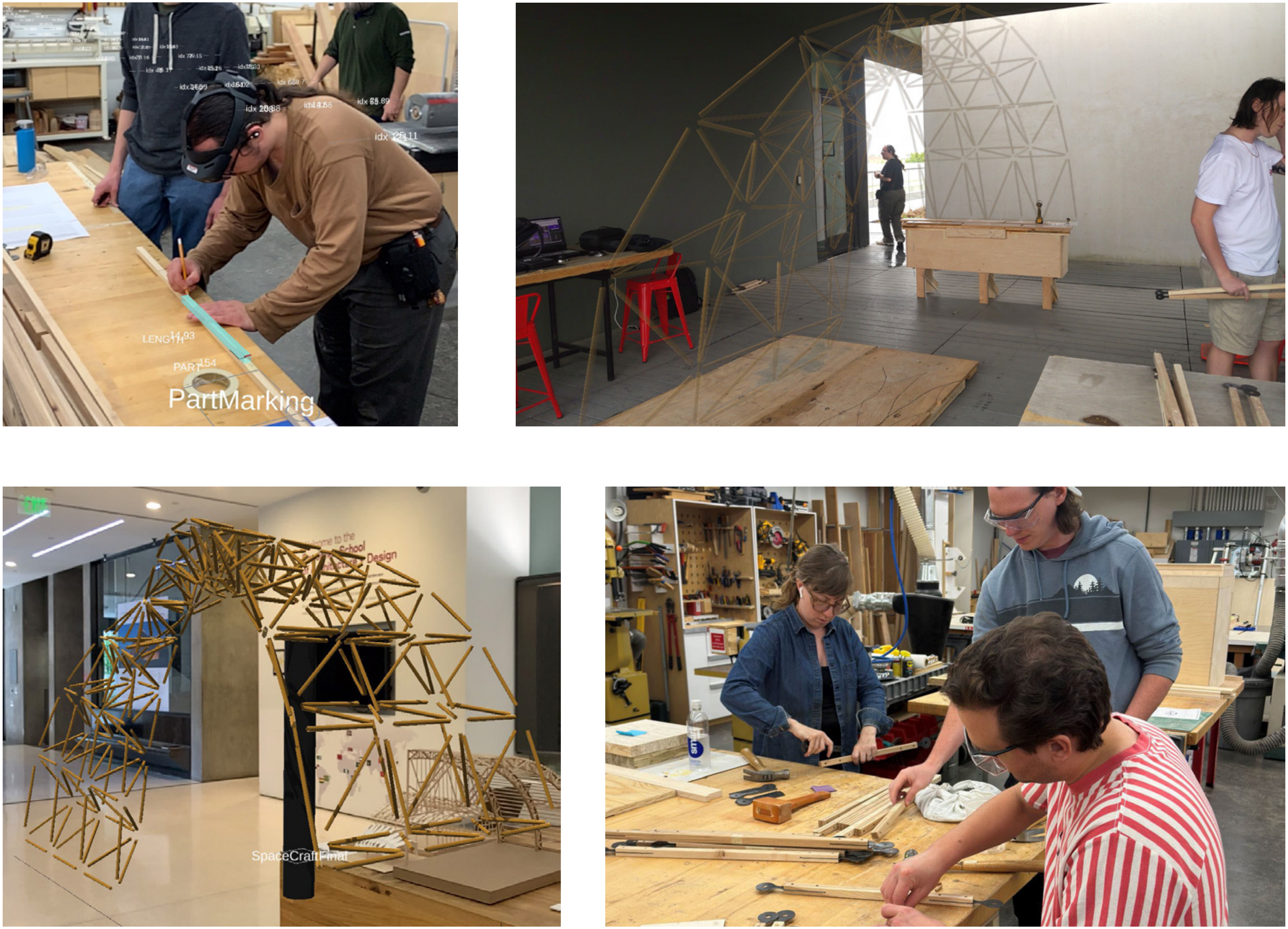
Site: Fay Jones School of Architecture, Fayetteville, AR

This project was undertaken as a Professional Elective in collaboration with Professor Emily Baker. The prototype shown on the right is a working project developed by Professor Baker, utilizing a steel connector fabricated with a plasma cutter. From this steel connection, a spaceframe structure was assembled using a combination of Augmented Reality (AR) and Mixed Reality (MR) with Microsoft's Hololens.

The Hololens is an AR headset that enables the placement of digital information in real space. We employed a workflow involving Rhino and Grasshopper to create a visual User Interface, which we then used with the Hololens to mark and measure our wooden members. This process allowed us to produce a structure that bends and twists into a unique shape designed to rest on a surface.



Fabrication Members


PartMarking
LENGTH
PART
SpaceCraftFinal

Using AR and MR to adapt our design and also as a way to speed up production by using it to measure as well.

Photos of construction process

Trauma Informed Architecture:
How can streetscapes be designed to lessson triggers for people with panic disorder?

Tara Bray

Introduction

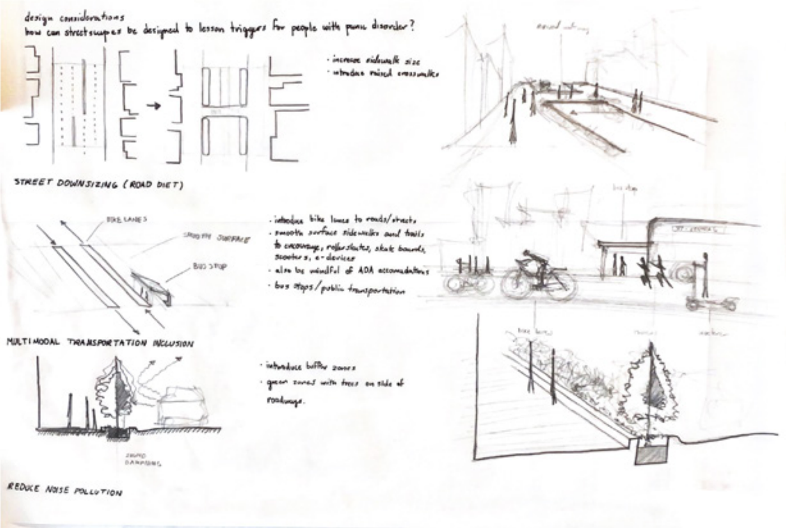
Human beings spend more than 90% of their lives indoors, often in controlled, familiar environments. But for individuals with panic disorder, even the short time spent navigating public spaces can be fraught with overwhelming challenges. Characterized by sudden attacks of intense fear or discomfort—often accompanied by symptoms like shortness of breath, dizziness, chest pain, and trembling. Panic Disorder can turn everyday moments into terrifying experiences. For many, this is compounded by agoraphobia, a fear of places where escape might feel difficult, or help seems out of reach.

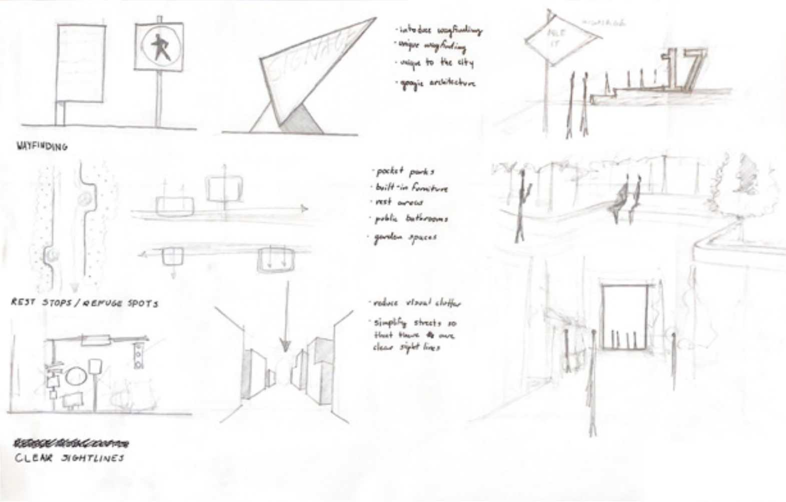
The design of our streetscapes the spaces between buildings where life unfolds plays a crucial, if often overlooked, role in shaping how safe or vulnerable people feel outside. In this context, streets are not just pathways; they are potential arenas of exposure therapy, offering opportunities for gradual, supported re-engagement with the outside world. Thoughtfully designed urban environments can minimize sensory overload, provide visual cues of safety, and offer spaces for pause and retreat. By reimagining streetscapes through the lens of mental health, we can create more inclusive, calming, and restorative environments for everyone, especially those navigating the silent, often invisible, challenges of panic and anxiety disorders.

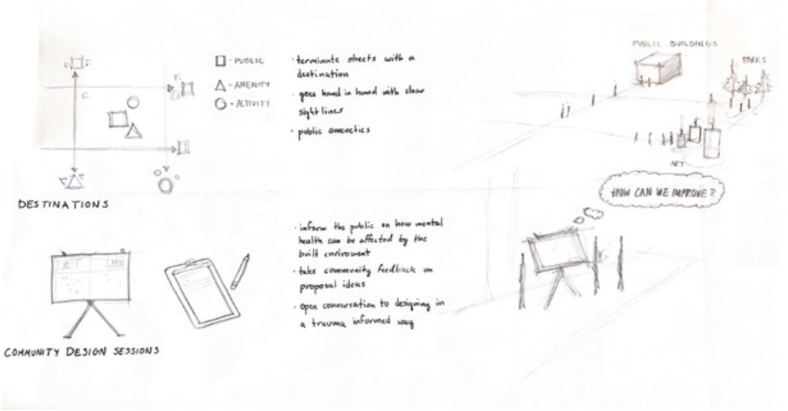
Impact Analysis

Trauma significantly influences the development and manifestation of panic disorder, affecting both emotional and physiological responses. Individuals with panic disorder often exhibit heightened sensitivity to sensory stimuli such as loud noises, flashing lights, or crowded spaces. These stimuli can unconsciously trigger panic episodes as the body reacts to perceived threats. Additionally, hypervigilance, a state of increased alertness to potential dangers, can make unpredictable or open spaces feel unsafe. Trauma can also manifest physically through somatic flashbacks, where the body responds with symptoms like dizziness or chest tightness without an apparent cause. Even in the absence of conscious recollection of a traumatic event, sensory cues like specific smells, sounds, or lighting conditions can evoke “body memories,” leading to avoidance behaviors. Over time, this avoidance can culminate in agoraphobia, as individuals restrict their movements to prevent future panic attacks. A pervasive and distressing aspect of panic disorder is the loss of a sense of control, with panic attacks often feeling sudden and overwhelming, echoing the helplessness experienced during traumatic events and reinforcing the cycle of anxiety.

The design of urban environments plays a crucial role in either exacerbating or alleviating the symptoms of panic disorder. Research indicates that individuals living in dense urban areas experience higher rates of depression and anxiety compared to those in less dense settings. Specifically, depression rates are 40 percent higher and anxiety rates are 20 percent higher among urban dwellers (Green). These findings underscore the importance of considering mental health in urban planning and design.


design considerations
how can streetscapes be designed to lesson triggers for people with panic disorder?
· increase sidewalk size
· introduce raised crosswalks
STREET DOWNSIZING (ROAD DIET)
BIKE LANES
SMOOTH SURFACE
BUS STOP
· introduce bike lanes to roads/streets
· smooth surface sidewalks and trails to encourage, rollerskates, skate boards, scooters, e-devices
· also be mindful of ADA accomodations
· bus stops/public transportation
MULTIMODAL TRANSPORTATION INCLUSION
SOUND DAMPENING
· introduce buffer zones
· green zones with trees on side of roadways.
REDUCE NOISE POLLUTION


SIGNAGE
· introduce wayfinding
· unique wayfinding
· unique to the city
· googie architecture
17
WAYFINDING
· pocket parks
· built-in furniture
· rest areas
· public bathrooms
· garden spaces
REST STOPS / REFUGE SPOTS
· reduce visual clutter
· simplify streets so that there are clear sight lines
CLEAR SIGHTLINES


PUBLIC
AMENITY
ACTIVITY
· terminate streets with a destination
· goes hand in hand with clear sight lines
· public amenetics
PUBLIC BUILDINGS
PARKS
ART
DESTINATIONS
HOW CAN WE IMPROVE?
· inform the public on how mental health can be affected by the built environment
· take community feedback on proposal ideas
· open conversation to designing in a trauma informed way
COMMUNITY DESIGN SESSIONS

Design Considerations:

These strategies can help reduce the number of triggers which would encourage people with panic disorders to more easily traverse the built environment. The implementation of these design considerations will reduce the likelihood of someone with panic disorder from having a panic attack.

1. Street Downsizing: Reduce the importance of cars on streets and widen sidewalks to allow pedestrians to be protected while walking or traversing down a street.

2. Multimodal Transportation Inclusion: Encourage other modes of transportation by introducing bike lanes and having flat sidewalks with minimal concrete joints that do not halt or discourage those who use rollerblades/skateboards/scooters.

3. Reduce Noise Pollution: When designing a sidewalk we can use the edge as a buffer zone by introducing trees and planters. Look into bioswales.

4. Wayfinding: Introducing wayfinding that will allow people to know where they are in the space and interact with their built environment.

5. Rest Stops/Refuge Spots: Built in furniture that allows people to occupy different spaces along a street, or make specific stops along a street that allow for rest.

6. Clear Sightlines: Reducing visual clutter on streets and simplifying streets so that there are clear sightlines.

7. Destinations: Always allow for some kind of destination at the end of a street, terminate streets so that there is an understanding of where people are going.

8. Community Design Sessions: Inform the public about how mental health can be affected by the built environment and open the conversation to designing in a trauma informed way.

Conclusion

As professionals in architecture and urban design, we carry a responsibility to recognize how our decisions affect people’s daily lives. For those living with panic disorder, the built environment can be a constant source of stress, unpredictability, and isolation. But it does not have to be this way. We can design streets that are quieter, easier to navigate, and filled with natural elements that provide relief and restoration. We can offer choices in movement, spaces to pause and regain control, and a rhythm to public space that feels welcoming rather than overwhelming. These design considerations are not difficult to integrate, but they do require a shift in mindset, one that centers the mental and emotional wellbeing of all users, not just the neurotypical or physically able.

Citations:

1. Barzegar, H., M. Farahbakhsh, H. Azizi, et al. "A Descriptive Study of Agoraphobic Situations and Correlates on Panic Disorder." Middle East Current Psychiatry, vol. 28, no. 31, 2021, https://doi.org/10.1186/s43045-021-00110-y.

2. National Center for Biotechnology Information. StatPearls, StatPearls Publishing, 2023, https://www.ncbi.nlm.nih.gov/books/NBK430973/.

3. Evans, Gary W. "The Built Environment and Mental Health." Journal of Urban Health, vol. 80, no. 4, Dec. 2003, pp. 536–55. https://doi.org/10.1093/jurban/jtg063.

4. American Society of Landscape Architects. "New Research: The Built Environment Impacts Our Health and Happiness More than We Know." The Dirt, 7 June 2021, https://dirt.asla.org/2021/06/07/new-research-the-built-environment-impacts-our-health-and-happiness-more-than-we-know/.

Images

1. Arredondo, Pedro. vida en la avenida. 10 February, 2025. Authors Personal Collection.

2. Arredondo, Pedro. modos de transito. 13 February, 2025. Authors Personal Collection.

3. Arredondo, Pedro gente en la plaza. 12 February, 2025. Authors Personal Collection.

thank you